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A

True Gentlewomans

DELIGHT.

Wherein is contained all manner of COOKERY:

Together with *Preserving, Conserving, Drying and Candying,*

Very necessary for all Ladies and Gentlewomen.

Published by *W. I.* GENT.

LONDON,

Printed by *G. D.* and are to be sold by *William Shears,* at the Sign of the Bible in S*t*. *Pauls* Church-yard, 1653.

To the Vertuous and most Hopefull Gentlewoman, Mis. Anne Pile, *Eldeſt Daughter of the Honorable Sr.* Francis Pile *Baronet, deceaſed.*

Moſt accompliſht LADY,

THe many ſingular favours, which I have received, not onely from your worthy ſelf, but alſo from your thrice noble progenitors, juſtly oblige me by all the due tyes of gratitude, to tender a juſt acknowledgement: I wiſh the ſame heart, that for many and juſt cauſes truly honours you, had any preſent worthy your acceptance. Now ſhall it be your ſingular goodnes to patronage this ſmall Treatiſe, which (if I miſtake not) carries with it two parts, Delight, and Utilitie. I doubt not then, but that it will find a generall ac-

ceptance among all those, who are any way the least Lovers of such pleasing and all delightfull studies. I intend not to paraphrase upon its worth, its use, and singular profit, which abundantly speaks it second unto none that have been published of the like nature: So hoping you will accordingly esteem of it, I begg pardon for my boldnes, and rest ever,

A true and faithfull

honuorer of your transpa-

rent Vertues,

W. J.

TO THE READER.

FRIENDLY READER.

HEer thou haſt a ſmall Treatiſe entituled, A true Gentlewomans Delight, *preſented to thy view: be ſo courteous as to read before thou cenſure it. If then the effect be anſwerable to it's name, I ſhall be ribht glad: If their be any Errors, it will be no error, but a ſingular token of thy exemplar humanity to paſs it by, and ſign it with thy pardon; for which I engage my ſelf,*

Thine on the
like occaſion

W. J.

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A

A TRUE GENTLEWOMANS DELIGHT.

To make an Excellent Jelly.

TAke three gallons of fair water, boyl in it a knuckle of Veal, and two Calves feet slit in two, with all the fat clear taken from between the claws, so let them boyl to a very tender Jelly, keeping it clean scummed, and the edges of the pot, alwayes wiped with a clean cloth, that none of the scum may boyl in, then strain it from the meat, and let it stand all night, the next morning take away the top and the bottome, and take to every

quart of this Jelly, half a pint of Sherrie Sack, half an ounce of Cinnamon, and as much Sugar as will seafon it, fix whites of Eggs very well beaten, mingle all theſe together, then boyl it half an hour, and let it run through your Jelly Bag.

To make a Chriſtall Jelly.

Take two Calves feet, ſley them, and lay them in fair ſpring water with a knuckle of Veal, ſhift it in half a doſen waters, take out the fat betwixt the claws, but doe not break the bones, for if you doe, the marrow of the Bones will ſtain the Jelly, when they are ſoft and pickt very clean, boyl them very tender in ſpring Water, when they be boyled tender, take them up, and uſe them at your pleaſure to eat, let the broth ſtand in an earthen pot or Pipkin till it be cold, then take away the bottome and the top, and put the clear into a fair Pipkin, put into it half a pound of fair Sugar Candie, or other Sugar, three drops of oyle of Nutmeg, three drops of oyle of Mace, and a grain of Musk, and ſo let it boil leaſurely a quarter of an hour, then let it run through

a Jellie

a Jellie bag into a gallie pot when it is cold, you may ſerve it in little careleſs lumps being taken out with a childes ſpoon, and this is the beſt way to make your Chriſtal Jelly.

To make Apple Cream at any time.

Take twelve Pippins, pare and ſlit them, then put them in a skillet, and ſome Claret Wine, and a race of Ginger ſhred thin, and a little Lemon pilled ſmall, and a little Sugar, let all theſe ſtand together till they be ſoft, then take them off, and put them in a diſh till they bee cold, then take a quart of Cream boyld with a little Nutmeg a while, then put in as much of the apple ſtuffe, to make it of what thickneſs you pleaſe, and ſo ſerve it up.

To make a Triſle Cream.

Take ſome Cream, and boyl it with a cut Nutmeg, and Lemon pill a while, then take it off, cool it a little, and ſeaſon it with a little Roſewater and Sugar to your taſte, let this be put in the thing you ſerve it in, then put in a little Run-

net to make it come, then it is fit to eat.

To make clouted Cream.

Take three gallons of new Milk, set it on the fire till it boyleth, make a hole in the middle of the cream of the Milk, then take a pottle or three pints of very good cream, put it into the hole you made in the middle of the Milk as it boyleth, and let it boil together half an hour, then put it into three or four milk-pans, so let it stand two dayes, if the weather be not too hot, then take it up in clouts with a scummer or slice, and put it in that which you will serve it, if you like it seasoned, you may put some Rosewater between every clout as you lay one upon another, with your slice in the dish you mean to serve it in.

To make a Quince Cream.

Take the Quinces and put them into boyling water unpared, and let them boil very fast uncovered that they may not colour, and when they are very tender, take

take them of, and peel them, and beat the pap very ſmall with Sugar, and then take raw cream, and mixe with it, till it be of fit thickneſs to eat like a cream, but if you boil the cream with a ſtick of Cinnamon, I thinke it the better, but it muſt ſtand till it be cold before you put it to the Quinces.

To make a freſh Cheeſe.

Take a pint of freſh cream ſet it on the fire, then take the white of ſix eggs, beat them very well, and wring in the juyce of a good Lemon into the whites, when the cream ſeeths up, put in the whites, and ſtir it about till it be turned, and then take it off, and put it into the cheeſe-cloth, and let the whay be drawn from it, then take the curd and pound it in a Stone morter with a little Roſe water and Sugar, then put it into an earthen Cullender, and ſo let it ſtand till you ſend it to table, then put it into a diſh, and put a little ſweet cream to it, and ſo ſerve it in.

To make a Codling Cream.

After your Codlings be throughly cooled and yeelded, put them into a ſilver diſh, and fill the diſh almoſt half full with Roſewater, and half a pound of Sugar, boyl all this liquor together, untill half be conſumed, and keep it ſtirring till it be ready, then fill up your diſh with ſweet cream, and ſtirr it till it be well mingled, and when it hath boyld round about the diſh, take it up, ſweeten it with Sugar, and ſerve it cold.

How to make a Goosberrie Fool.

Take your Goosberries and pick them, and put them into clean water, and boyl them till they be all as thick that you cannot diſcern what it is to the value of a quart, take ſix yolks of Eggs well beaten with Roſe water, and before you put in your Eggs ſeaſon, it well with Sugar, then ſtrain your Eggs, and let them boil a little while, then take it up, and put it into a broad diſh, and let it ſtand, till it be cold, thus it muſt be eaten.

How

How to make a white Foole.

Take a quart of Cream, and ſet it over the fire, and boyle it with whole Cinnamon, and ſliced Nutmeg, and Sugar, then when it is almoſt ready take the whites of ſix Eggs, well beaten with Roſewater, and skum off the froth from them, and put it into the Cream, and boyle it together a pretty while, then ſeaſon it, and take the whole Spice out of it, and put it up in a broad diſh, and when it is cold then it muſt be eaten.

To make a Goosberry Cuſtard.

Take as many Goosberries as you pleaſe, boyle them till they be ſoft, then take them out, and let them ſtand and cool, and drain them, draw them with your hand through a canvas Strainer, then put in a little Roſewater, Sugar, and three Whites, and ſtirre them all together, and put them in a Skillet, and ſtirre them apace elſe they will burn, let them ſtand and cool a little while, and take them off, and put them in a glaſſe.

To make a Foole.

Take two quarts of Cream, ſet it over the fire, and let it boyle, then take the yolks of twelve Eggs, and beat them very well with three or four ſpoonfuls of cold Cream, before you put the Eggs into the hot Cream, take three or four ſpoonfuls of the Cream out of the Skillet, and put it into the Eggs, and ſtirre it together, and then ſtrain the Eggs into the Skillet of hot Cream, ſtirring it all the time to keep it from turning, then ſet it on the fire, and let it boyle a little while, but keep it with ſtirring for fear of burning, then take it off, and let it ſtand and cool, then take two or three ſpoonfuls of Sack and put it in the diſh, and ſome four or five Sippits, and put them in the Sack in the diſh, ſet the diſh and Sippits a drying, and when they be dry that they hang to the diſh, ſweeten the Cream, and pour it in the diſh ſoftly becauſe the Sippits ſhall not riſe up, this will make three diſhes, when it is cold it is fit to be eaten.

To make Cheese-cakes.

For the crust take half a pint of Flower, and four spoonfuls of cold Water, and three parts of a quarter of a pound of Butter, beat and knead these together, and put the paste asunder several times, then roule it square, and turn it over, then take a pint of Cream, and seven Eggs, and a quarter of a pound of Sugar, and a quarter of a pound of Currens plump before you put them in, and a whole Nutmeg grated on a knife, the Pepper must be beaten but not too much, it must be gently boyled and stirred as you doe buttered Eggs, the stuffe must be cold, and then put in the coffin and so bake it.

To make a Sack Posset.

Take two quarts of pure good Cream, a quarter of a pound of the best Almonds, stamp them into the Cream, and boyle Amber and Musk therein, then take a pint of Sack in a bason, and set it on a chafing-dish till it be bloud-warm, then take the yolkes of twelve Eggs, with four whites, and

and beat them very well together, and ſo put the Eggs into the Sack, and make it good and hot, let the Cream coole a little before you put it into the Sack, then ſtirre all together over the coales till it be as thick as you would have it, if you take ſome Amber, and Musk, and grind it ſmall with Sugar, and ſtrew it on the top of the Poſſet, it will give it a moſt delicate and pleaſant taſte.

To make Leach.

Make your Jelly for your Leach with Calves feet, as you do your ordinary Jelly, but a little ſtiffer, and when it is cold take off the top and bottom, and ſet it over the fire with ſome Cinnamon and Sugar, then take your Turnſele, being well ſteep in Sack, and cruſh it, and ſo ſtrain it into your Leach, and let it boyle to ſuch a thickneſſe, that when it is cold you may ſlice it.

To make yellow Leach.

Your yellow Leach is juſt the ſame, but inſtead of Turnſele you muſt colour it with Saffron, and when it is boyled enough then put

put in your Saffron and not before, it must not boyle in it.

To make a slipcoat Cheese.

Take five quarts of new Milk from the Cow, and one quart of Water, and one spoonful of Runnet, and stirre it together, and let it stand till it doth come, then lay your Cheese cloth into the Vate, and take up your Curd as fast as you can without breakiug, and put into your Vate, and let the Whey soak out of it self; when you have taken it all up, lay a cloth on the top of it, and one pound weight for one hour, then lay two pound for one hour more, then turn him when he hath stood two houres, lay three pound on him for an hour more, then take him out of the Vate, and let him lie two or three houres, and then salt him on both sides, when he is salt enough, take a clean cloth and wipe him dry, then let him lie on a day or a night, then put Nettles under and upon him, and change them once a day, if you find any Mouse turd wipe it off, the Cheese will come to his eating in eight or nine dayes.

To make Cheese-loaves.

Take the Curds of a tender new milk Cheese, and let them be well pressed from the Whey, and then break them as small as you can possible, then take Crumes of Manchet, and yolkes of Eggs, with half the whites, and some sweet Cream, and a little fine flower, mingle all these together, and make a paste of it, but not too stiffe, then make them into little loaves and bake them, when they be baked, cut off the tops and butter them; with Sugar, Nutmeg, and melted Butter, and put it in with a spoon, and stirre it altogether, then lay on the tops, and seare them with scraped Sugar.

How to make a very good Tansie.

Take fifteen Eggs, and six of the whites, beat them very well, then put in some Sugar, and a little Sack, beat them again, then put about a pint or a little more of Cream, then beat them again, then put in the juyce of Spinage, or of Primrose leaves, to make it green, then put in some more Sugar if it be not sweet enough, then beat

it

it again a little, and ſo let it ſtand till you fry it, the firſt courſe is in, then fry it with a little ſweet Butter, it muſt be ſtirred and fryed very tender, when it is fryed enough, then put it in a diſh, and ſtrew ſome Sugar upon it, and ſerve it in.

To make black Tart ſtuffe.

To a dozen pound of Prunes take half a dozen of Malligo Raiſins, waſh and pick them clean, and put them into a pot of water, ſet them over the fire till all theſe are like pulpe, and ſtirre them often leaſt they burn too, then take them off, and let them be rubbed through a hair Sieve hard with your hands, by little and little till all be through, then ſeaſon them to your taſte with ſearc'd Ginger.

To make yellow Tart ſtuffe.

Take four and twenty Eggs, and beat them with Salt together, and put into a quart of ſeething Milk, ſtirring it until it caudles, then take it off, and put it into a napkin, hanging it up till all the Whey be run through, when it is cold, take it and grind

grind it in a ſtone Morter with Sack and Sugar to your taſte, and otherwiſe to make it look white, leave the yolks, and inſtead of Sack put in Roſewater.

To make a made Diſh.

Take a quarter of a pound of Almonds, beat them ſmall, and in the beating of them put in a little Roſewater to keep them from oyling, ſtrain them into Cream, then take Arterchoak bottomes, and Marrow, and boyle the redneſſe of the Marrow out, then take a quart of Cream, and boyle it with Dates, Roſewater, and Sugar, and when it is boyled to a convenient thickneſſe take it off, and take your Arterchoak and pare of the leaves, and lay them into the diſh, and ſome Marrow upon them, then pour ſome Cream upon them, then ſet it upon coales till you ſerve it in.

To make Sauce for a ſhoulder of Mutton.

Take a few Oyſters, and ſome ſweet hearbs, and an Onion, and a pint of white Wine, and a little beaten Nutmeg, a little Salt,

Salt, and a large Mace, a little Lemon pild and a little Sugar, a little leaker poſſet, if you have no Oyſters take Capers in the room of them, and ſome gravie of the Mutton.

To fry Applepies,

Take Apples and pare them, and chop them very ſmall, beat in a little Cinnamon, a little Ginger, and ſome Sugar, a little Roſewater, take your paſte, roul it thin, and make them up as big Paſties as you pleaſe, to hold a ſpoonful or a little leſſe of your Apples, and ſo ſtir them with Butter not to haſtily leaſt they be burned.

To make Curd-Cakes.

Take a pint of Curds, four Eggs, take out two of the whites, put in ſome Sugar, a little Nutmeg, and a little flour, ſtir them well together, and drop them in, and fry them with a little Butter.

To make Furmentie.

Take a quart of ſweet Cream, two or three

three ſprigs of Mace, and a Nutmeg cut in half, put into your cream, ſo let it boil, then take your French Barlie or Rice, being firſt waſhed clean in fair water three times, and picked clean, then boyle it in ſweet milk till it be tender, then put it into your cream, and boil it well, and when it hath boiled a good while, take the yolks of ſix or ſeven eggs, beat them very well, and thicken on a ſoft fire, boyl it, and ſtir it for it will quickly burn, when you thinke it is boyled enough, ſweeten it to your taſte, and ſo ſerve it in with Roſewater, and Musk Sugar, in the ſame manner you may make it with wheat.

To make an Arterchoak Pie.

Take the bottome of ſix Arterchoaks, being boyled very tender, put them in a diſh, and put ſome vinegar over them, ſeaſon them with Ginger and Sugar, a little Mace whole, putting them into a Pie, and when you lay them in, lay ſome marrow, and Dates ſliced in, and a few Raiſins of the Sun in the bottome, with good ſtore of butter, ſo cloſe the Pie, and when it

it is half baked, take a diſh of Sack, being boyled firſt with Sugar, and a pill of Orange, put it in your pie, and ſet it in the Oven again, till you uſe it.

To make a Chicken Pie.

Make your paſte with good ſtore of Butter, and yolks of Eggs and Sugar, then take ſix chickens ſmall, taking out the breaſt-bone, and truſſing them round, take two Nutmegs, and a good quantity of Cinnamon, and put it in in little pieces, take two yolks of eggs, and beat them with ſix ſpoonfuls of verjuyce, then take your juyce and verjuyce, and a little ſalt, ſtir them well together, take a good deal of butter, and wet it in the verjuyce, and put it in the bellies of the Chickens, ſo lay them in the pie with butter under them, then take half a pound of Currants waſhed and dried, ſo lay them on the top of the Chickens, with a little piece of Marrow, Barberies, Grapes, and good ſtore of Butter and Sugar as will ſeaſon it, a little before you draw out your Pie, put in Verjuyce and Sugar boyled together.

To bake Beef like red Deer.

Take a pound of Beef, and ſlice it thin, and half a pint of good wine Vinegar, ſome three Cloves, and Mace above an ounce, three Nutmegs, pound them altogether, Pepper and Salt according to your diſcretion, and a little Sugar, mix theſe together, take a pound and half of Suet, ſhred and beat it ſmall in a morter, then lay a row of Suet, a row of Beef, ſtrow your ſpices between every lain, then your Vinegar, ſo doe till you have laid in all, then make it up, but firſt beat it cloſe with a rowling pin, then preſſe it a day before you put it in your paſt.

To roſt a ſhoulder of Mutton with Thyme.

Draw your ſhoulder of mutton, and when it is half roaſted, ſave the gravie, and cut a good deal of the inſide of it, and mince it groſſe, and boyl it in a diſh with the gravie, and Time, Claret wine, and ſliced Nutmeg, and when your ſhoulder is roſted, lay it in the diſh with ſliced Lemon, but remember to ſcorch your

your Mutton in roſting, as you doe when you boil it.

To roſt a ſhoulder of mutton with Oyſters.

When you open the Oyſter ſave the liquor, then ſeaſon them with Pepper, and a little Cloves, and Mace, and Hearbs finely chopped, and the yolk of two or three eggs chopped ſmall, and ſome Currans parboiled a little, then ſtuffe your ſhoulder of mutton thick with your Oyſters, then ſeaſon it, and lay it to the fire, and roſt it, then take the reſt of your Oyſters and boil them with a little white Wine, and ſome Butter, this is ſauce for your ſhoulder of mutton, when your Oyſters are opened, you may perboil them in their own liquor, then take them out and ſeaſon them.

To make Angellets.

Take a quart of new Milk, and a pint of cream, and put them together with a little runnet, when it is come well, take it up with a ſpoon, and put it into the vate ſoftly, and let it ſtand two dayes till it is

pretty ſtiffe, then ſlip it out, and ſalt it a little at both ends, and when you thinke it is ſalt enough, ſet it a drying, and wipe them, and within a quarter of a year they will be ready to eat.

To make Black Puddings.

Take your bloud when it is warm, put in ſome ſalt, and when it is cold throughly, put in your groats well pickt, and let it ſtand ſoking a night, then put in hearbs, which muſt be Roſemary, large Savorie, Penniroyal, Thyme and Fennel, then make it ſoft with putting of good cream hot, untill the bloud look pale, then beat four or five eggs whites and all, and mingle it, then ſeaſon it with Cloves, Mace, Pepper, Fennel ſeeds, then put good ſtore of Beef Suet in your ſtuffe, and mince your fat not to ſmall.

To make white Puddings.

After the humbles are very tender boyled, take ſome of the lights, with the hearts, and all the fleſh and fat about them, picking from them all the ſinnews and

and skin, then chop the meat ſmall as can be, then put to it a little of the Liver finely ſearced, ſome grated bread ſearced, four or five yolks of Eggs, a pint of very good cream, a ſpoonful or two of Sack, a little Sugar, Cinnamon, Cloves and Mace, a little Nutmeg, a few Canary ſeeds, a little Roſewater mingled with a good deal of Swines fat, a little Salt, roul it in rouls two houres before you goe about it, let the fat ſide of the skin be turned and ſteeped in Roſewater till you fill them.

To make Almond Puddings.

Take a pound of Almonds blanched, and beat them very ſmall, with a little Roſewater, boyl good milk with a flake of Mace, and a litle ſliced Nutmeg, when it is boyled take it clean from the ſpice, then take the quantity of a penny loaf grate it, and ſearce it through a Collender, and then put it into the milk, and let it ſtand till it be prettie cool, then put in the almonds, and five or ſix yolks of Eggs, and a little Salt and Sugar, what you

thinke fit, and good ſtore of Beef ſuet, and Marrow very finely ſhred.

To make a Pudding to bake.

Take a pennie loaf, pare it, ſlice it in a quart of Cream, with a little Roſewater, and break it very ſmall, take three ounces of Jordan Almonds blanched, and beaten ſmall with a little Sugar, put in ſome eight Eggs beaten, a Marrow bone, and two or three Pippins ſliced thin, or any way, mingle theſe together, and put in a little Amber greece if you pleaſe.

To make a boyld Pudding.

Take a pint of cream or milk, boyl it with a ſtick of Cinnamon a little while, and take it off, & let it ſtand till it be cold, put in ſix Eggs, take out three whites, beat your Eggs a little before you put them into the milk, then ſtir them together, then take a pennie roule and ſlice it very thin, and let it lie and ſoke, and then braid it very ſmall, then put in ſome Sugar, and butter your cloth before you put it in, it will take but a little while ſeething, and when

when you take it up, melt a little freſh Butter and a little Sack, and Sugar, beat all theſe together, and put it into the diſh with your pudding to be ſerved in.

To make a Cream Pudding to be boiled.

Take a pint and a half of thick cream, and boil it with Mace, Ginger, and Nutmeg quartered, then put to it eight Eggs, with four whites beaten, and Almonds blancht a pound, and ſtrained in with the cream, a little Roſewater and Sugar, and a ſpoonful of flour ſearced very fine, then take a thick napkin, wet it, and rub it with flour, and tie the pudding up in it where Mutton is boyled, or in the Beef-pot, remember to take out the whole ſpice out of the cream when it is boyled, the ſauce for this pudding is a little Sack, and Sugar, a prettie piece of Butter, you muſt blanch ſome Almonds, when they are blanched, cut every Almond in three or four pieces the long way, and ſtick them up an end upon the pudding very thick.

To make a Whitepot.

Take a pint and a half of cream, a quarter of a pound of Sugar, a little Rosewater, a few Dates sliced, a few Raisins of the Sun, six or seven Eggs, and a little large Mace, a sliced Pippin, or Lemon cut sippet fashion, for your dishes you bake in, and dip them in Sack or Rosewater.

To make a forc'd dish of any cold meat.

Take any cold meat and shred it small, a little Cloves and Mace, and Nutmeg, and two yolks of Eggs, a spoonful or two of Rosewater, a little grated bread, a little Beef suet shred small, make it up into balls or any fashion you please, and boyl them in fried suet between two earthen dishes, your suet must boil before you put in your meat; for sauce, a little Butter, Verjuyce, and Sugar.

To make a forc'd dish of a Leg of Mutton, or Lamb.

Take a Leg of Mutton, or Lamb, cut out the flesh, and take heed you break not the skin of it, then perboyle it, and mince it with a little Beef suet, put into it a little sweet Hearbs shred, three or four Dates sliced, a little beaten Nutmeg, Cloves, and Mace, a few Currans, a little Sugar, a little Verjuyce, three or four Eggs, mix them together, and put them in the skin, and set it in a dish and bake it.

To boyle a Calves head with Oysters.

Take the head, and boyle it with Water and Salt, and a little white Wine or Verjuyce, and when it is almost enough, then cut some Oysters, and mingle them together, and a blade or two of Mace, a little Pepper, and Salt, and a little liquour of the Oysters, then put it together, and put it to the Calves head, and the largest Oysters upon it, and a slit Lemon, and Barberries, so serve it in.

To fry a coaſt of Lamb.

Take a coaſt of Lamb, and perboyle it, take out all the bones as near as you can, and take ſome four or five yolkes of Eggs beaten, a little Thyme, and ſweet Majoram, and Parſly minced very ſmall, and beat it with the Eggs, and cut your Lamb into ſquare pieces, and dip them into the Eggs and Hearbs, and fry them with Butter, then take a little Butter, white Wine, and Sugar for ſauce.

To ſtew Sauceſedges.

Boyle them in fair Water and Salt a little, for ſauce boyle ſome Currans alone, when they be almoſt tender, then pour out the water, and put in a little white Wine, Butter, and Sugar.

To boyle Ducks.

When they be half boyled, take a quart of the liquour and ſtrain it, and put a quart of white Wine, and ſome whole Mace, Cloves, and Nutmegs ſliced, and Cinnamon

mon, and a few Onions ſhred, a bundle of ſweet Hearbs, a few Capers, and a little Sampire, when it is boyled put ſome Sugar to ſeaſon it withall.

To make white Broth with a Capon.

Truſſe your Capons, and boyle them in fair Water , and when they are half boyled, take out three pints of the liquour, and put it to a quart of Sack, and as much white Wine, and ſlice two ounces of Dates half or quarter wiſe as you pleaſe , a little whole Mace, Cloves, and Cinnamon, a Nutmeg ſhred, of each a little quantity, boyle the broth in a pipkin by it ſelf, untill the Dates begin to be tender, then put in the marrow of two bones, and let it boyle a little, not too much for fear, then when your Capons be near ready, break twenty Eggs , ſave the yolkes from the whites, and beat the yolkes untill you may take up a ſpoonful and it will not run beſide the ſpoon, then you muſt put a little cold broth to them, and ſo ſtrain them through a cloth , then take up ſome of the hot broth to heat your Eggs, becauſe elſe it will turn, let it have a walm or two after

after your Eggs be in, but not ſeeth too much for fear it turnes, then diſh your Capons, and pour your broth on them, and garniſh your diſh as you pleaſe.

To make ſtewed Broth.

Take a neck of Mutton, or a rump of Beef, let it boyle, and ſcum your pot clean, thicken your pot with grated bread, and put in ſome beaten Spice, as Mace, Nutmegs, Cinnamon, and a little Pepper, put in a pound of Currans, a pound and a half of Raiſins of the Sun, two pound of Prunes laſt of all, then when it is ſtewed, to ſeaſon it put in a quart of Claret, and a pint of Sack, and ſome Saunders to colour it, and a pound of Sugar to ſweeten it, or more if need be, you muſt ſeeth ſome whole Spice to garniſh your diſh withall, and a few whole Prunes out of your pot.

To make gallendine Sauce for a Turkey.

Take ſome Claret Wine, and ſome grated Bread, and a ſprig of Roſemary, a little beaten Cloves, a little beaten Cinnamon, and ſome Sugar.

An

An exceeding good way to ſtew Chickens.

Take Chickens, fley them, and cut them in pieces croſſe way, then put them in a Pipkin or Skillet, and cover them almoſt with Pepper, and Mace, and Water, ſo let it ſtew ſoftly with a whole Onion in it till part of that liquour be conſumed, then put in as much white Wine as will cover them again, take Parſly, ſweet Majoram, Winter Savory, with a little Thyme, and ſhred them very ſmall, and put them in, and let them boyle till they are almoſt enough, then put in a good piece of Butter.

To boyle a leg of Mutton.

Take a leg of Mutton and ſtuffe it, for the ſtuffing take a little Beef ſuet, and a few ſweet Hearbs, chop them ſmall, and ſtuffe it, and then boyle it, and put in a handful of ſweet Hearbs, cut them ſmall, mingle a hard Egg amongſt the Hearbs, and ſtrew it upon the Mutton, melt a little Butter and Vinegar, and pour it into the diſh, and ſend it in.

To keep Quinces all the year.

First you must core them, and take out the kernels clean, and keep the cores and kernels, then set over some water to boyle them, then put them in when you set over the water, then let them boyle till they be a little soft, and then take them up, and set them down till they be cold, then take the kernels and stamp them, and put them into the same water they were boyled in, and let them boyle till they be thick, see you have as much liquour as will cover the Quinces, and if you have not enough, take of the smallest Quinces and stamp them to make more liquour, and when it is boyled good and thick, you must strain it through a course cloth, and when the Quinces be cold, then put them into a pot, and the liquour also, and be sure the liquour cover them, you must lay some weight upon them to keep them under, so cover them close, let them stand fourteen dayes, and they will work of their own accord, and they will have a thick rind upon them, and when they wax hoary or thick, then take it from the liquour, for

for it will have a skin on it within a month or six weeks.

To pickle Cowcombers.

Take the Cowcombers, and wash them clean, and dry them clean in a cloth, then take some Water, and Vinegar, and Salt, and some Dill tops, and some Fennel tops, and a little Mace, make it fast enough, and sharp enough to the taste, then boyle it a while, and then take it off, and let it stand and be cold, and then put in the Cowcombers, and lay a board on the top to keep them down, and tye them close, and within a week they will be fit to eat.

To pickle Purslain.

Take the Purslain, and pick it in little pieces, and put it into a pot or a barrel, then take a little Water, Vinegar, and Salt to your taste, it must be pretty strong of the Vinegar and Salt, and a little Mace, and boyle all these together, and pour this liquour in seething hot into the Purslain, and when it is cold tye it close, but put a little board on the top to steep

it

it down, and within a week or two it is fit to eat.

To doe Clove-gilliflowers up for ſalletting all the year.

Take as many Clove-gilliflowers as you pleaſe, and ſlip off the leaves, then ſtrow ſome Sugar in the bottome of the gallipot that you doe them in, and then a lane of Gilliflowers, and then a lane of Sugar, and ſo doe till all the Gilliflowers be done, then pour ſome Claret Wine into them as much as will cover them, then cut a piece of a thin board, and lay it to them to keep them down, then tye them cloſe, and ſet them in the Sun, and let them ſtand a moneth or thereabouts, but keep them from any rain or wet.

To pickle Broom buds.

Take as many Broom buds as you pleaſe, make linnen bags, and put them in, and tye them cloſe, then make ſome brine with Water and Salt, and boyle it a little, let it be cold, then put ſome brine in a deep earthen Pot, and put the bags in it,

and

and lay ſome weight upon them, let it lye there till it look black, then ſhift it again, ſo you muſt doe as long as it looks black, you muſt boil them in a little cauldron, and put them in vinegar a week or two, and then they be fit to eat.

To Pickle Oyſters.

Take your Oyſters and pick them out of the ſhels, and ſave the liquor that cometh from them, then take your Oyſters one by one, and waſh them clean out of griſt, then ſtrain the liquor, then take a quantity of white wine, and a large Mace or two, and two or three ſlices of Nutmeg, and Pepper groſly beaten, and ſalt them, boyl it together, then put in your Oyſters and boil them, then take the yolke of an Egg, and beat it well with Wine Vinegar, then take up your Oyſters, and let them cool, then put in your Egg and let it boyl, hang it off, and let it cool, and put it up together.

To make grout.

Take ſome Wheat and Beans, and when you have made it into Malt, then rittle it, then take ſome water, or ſome ſmall Wort, and heat it ſcalding hot, and put it into a pail, then ſtir in the Malt, then take a piece of ſour leaven, then ſtir it about, and cover it, and let it ſtand till it will cream, then put in ſome Orange pills, then put it over the fire and boil it, keeping it ſtirring till all the white be gone.

To make jellie of Marmalet.

Take Quinces and pare them, cut them into water in little pieces, and when you have done all, then take them out of the water and weigh them, and to every pound of Quinces, take five quarters of a pound of Sugar, and half a quarter, then put it into the Skillet, and put as much water as will make it pretty thin, then ſet it on the fire, then clarifie it with the white of an Egg, and ſcum it off cleer, then put in your Quinces, and let it boil a prettie pace, and cover it cloſe, till it

is

is prettie thick, then leave ſtirring it till it is thick enough for Marmalet, then take it off, and put it in your glaſſe, and doe it with your knife in litttle works, when you have done let it ſtand, your coſtly muſt boyl all the while, you muſt put in as much water as will make it prettie thin, when it is boyled to a prettie good colour, then ſtir it, and weigh it, then take of loaf Sugar as much as it weighs and boil it altogether to a Jellie, then pour it into your Marmalet glaſſe, then put it in a ſtove, and put ſome fire in every day.

To make Jelly of Pippins.

Take Pippins and pare them, and quarter them, and coar them, lay them in water, and when you ſet them on the fire, ſhift them in another water, and put them in a skillet, put as much water as will cover them and a little more, ſet them over the fire, and make them boil as faſt as you can, when the Apples are ſoft, and the liquor taſte ſtrong of the Apples, then take them off, and ſtrain them through a piece of canvaſs gently; take to a pound of juyce a pound of Sugar, then ſet it

on the fire, when it is melted, ſtrain it into a baſon, and rince your skillet again, ſet it on the fire, and when it is boyled up, then ſcum it, and make it boyl as faſt as you can, and when it is almoſt boiled, put in the juyce of three Lemons ſtrained through a cloth, if you will have Orange pill, pare it thin, that the white be not ſeen, and then lay it in the water all night, then boil them in water till the pill be ſoft, then cut them in long peeces, then put it into the Sirrup, and ſtir it about, and fill your glaſſes, and let it ſtand till it be cold, and then it is ready to eat.

To preſerve Oranges.

Take a pound of Oranges, and a pound of Sugar, pill the outward rind, and inward white skin off, take juyce of Oranges, put them into the juyce, boil them half an hour, and take them off.

To preſerve green Walnuts.

Take Walnuts, and boil them till the water doe taſte bitter, then take them off, and put them in cold water, and pill off the

the bark, and weigh as much Sugar as they weigh, and a little more water then will wet the Sugar, set them on the fire, and when they boyl up, take them off, and let them stand two dayes, and boil them again once more.

To preserve white Quinces.

Take a pound of Quinces, boil them with the skins on, but core them and pare them, take a quarter of a pound of Sugar, with water no more then will wet the Sugar, put the Quinces into it presently, boil them as fast as may be, and skin them, when the Sirrup is thick take it up.

To make Goosberrie Tarts.

Take a pint of Goosberries, and put them into a quarter of a pound of Sugar, and two spoonfuls of water, and put them on the fire, and stir them as you did the former.

To preserve Resberries.

Take as many as you please, a lay of

Sugar, and a lay of Resberries, and so lay them into the Skillet, and as much Sugar as you thinke will make Sirupe enough, and boil them, and put two spoonfuls of water in, boscom it, take it off, and let it stand.

To preserve Currans.

Part them in the tops lay a lain of Currans, and a lain of Sugar, and so boil them as fast as you doe Resberries, doe not put in the spoon, but scum them, boyle them till the Sirrup be prettie thick, then take them off, and let them stand, till they be cold, and put them in a glasse.

To preserve Medlers.

Take the just weight of Sugar as they weigh, to a pound of Sugar put a pint and a half of water, scald them as long as the skins will come off, stone them at the head, put the water to the Sugar, and boil it, and strain it, put in the Medlers, boil them apace, let them

them ſtand till they be thick, then take them off.

To preſerve Goosberries.

Take the faireſt Goosberries you can get with the ſtalks one, prick three or four holes in every one of them, then take the weight of them in Sugar, lay the beſt part of the Sugar in the bottome of a Silver or peuter diſh, then lay your Goosberries one by one upon it, ſtrew ſome of the reſt of the Sugar upon them, and put two ſpoonfuls of the water into half a pound, then ſet the Goosberries on a chafing diſh of coales, and let them ſtand uncovered, ſcalding upon the fire a prettie while before they boil, but not too long, for then they will grow red, and when they be boyled, let them not boyl too faſt, when they be enough put them up, you muſt put the reſt of the Sugar on them as they boil, and that will harden them, and keep them from breaking.

To make Goosberrie Cakes.

Prick as many Goosberries as you pleaſe, and put them into an earthen pitcher, and ſet it in a kettle of water till they be ſoft, and then put them into a ſieve, and let them ſtand till all the juyce be out, and weigh the juyce, and as much Sugar, as Sirupe; Firſt boil the Sugar to a Candie, and take it off, and put in the juyce, and ſet it on again till it be hot, and take it off, and ſet them in a preſs till they be dry, then they are readie.

To doe Goosberries like Hops.

Take pricks of black Thorn, then take Goosberries, and cut them a little a croſſe, and then take out the ſtones, and then put them upon the pricks, and weigh as much Sugar, as they weigh, and take a quarter or a pint of water and put into the Sugar, and ſet it boil a while, then put in the hops, let them ſtand and ſcald two houres upon the coales till they be ſoft, then take out the

the Hops, and boil the Syrupe a while, then take it off, and put in the Hops.

To preserve Apricocks.

First stone them and weigh them, and take as much Sugar as Apricocks, put it in a Bason, some in the bottome, and some on the top, let them stand all night, set them on the fire till they be scalding hot then heat them twice more.

To make Apricock Cakes.

Take as many Apricocks as you please, and pare them, put as much Sugar as they weigh, take more water then will melt the Sugar, then boil the Sugar and it together till they be pretty stiffe, take them off, and put them in saucers.

To make Mackroons.

Take half a pound of Almonds, put them in water, stamp them small, put in some Rose-water, a good spoonfull of floure, four eggs, half a pound of Sugar, in the beating of the Eggs, put in the Almonds

Almonds, heat the oven hot enough to bake a Cuſtard, put them in, when you have taken them out, let them ſtand till they be cold, they muſt be baked in earthen pans round, and buttered very thin.

How to preſerve White Damſons green.

Take white Damſons, ſcald them in water till they be hard, then take them off, and pick as many as you pleaſe, take as much Sugar as they weigh, ſtrew a little in the bottome, put two or three ſpoonfulls of water, then put in the Damſons and the Sugar, and boyl them, take them off, and let them ſtand a day or two, then boil them again, take them off, and let them ſtand till they be cold.

To preſerve Mulberries.

Take as many Mulberries as you pleaſe, and as much Sugar as they weigh: Firſt wet the Sugar with ſome juyce of Mulberries, ſtir your Sugar together, then put in your Mulberries, then boil them apace, till you thinke they are boyled enough, then take them off, and boil the Sirupe a while,

while, and put it into the Mulberries, let them ſtand till they be cold.

To preſerve Pippins white.

Take ſome Pippins and pare them, and cut them the croſſe way, and weigh them, and to a pound of Sugar, a pint of water, then put the Sugar to the water, and then let it boyl a while, and then put in the Pippins, and let them boyl till they bee clear at the Core, take them off, and put them up.

To make white Quince Cakes.

Take Quinces and let them ſtand till they be cold, but not ſeethed till they be tender enough, then take them off, and pare them, then ſcrape off the ſofteſt, and doe it through a ſieve, and then weigh as much Sugar as it doth weigh, and beat it, and ſift it into the Quinces, and ſtir it altogether, and ſet it on the coals, and ſtir it about, but let it not boil at all, but let it ſtand and cool, till it be pretty thick, then take it off, and put it in glaſs ſaucers.

To preſerve Grapes.

Stamp and ſtrain them, let it ſettle a while, before you wet a pound of Sugar, or grapes with the juyce ſtone the grapes, ſave the liquor, in the ſtoning take off the ſtalks, give them a boyling, take them off, and put them up.

To preſerve Damſons.

Take as many as you pleaſe, and weigh as much Sugar as they weigh, and ſtrew ſome in the bottome, and ſome on the top, and you may wet the Sugar with ſome Sirupe of Damſons, or a little water, then ſet them upon the fire, and let them ſtand and ſoke ſoftly about an hour, then take them off, and let them ſtand a day or two, then boil them up, till you think they be enough, take them off, and put them up.

How to make Cake of Lemons or Violets.

Take of the fineſt double refined Sugar, beaten very fine, and ſearced through fine Tiffenie, and to half a ſilver porin-

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ger of Sugar, put to it two ſpoonfuls of water, and boil it till it be almoſt Sugar again, then grate of the hardeſt rinded Lemon, then ſtir it into your Sugar, put it into your Coffins of Paper, and when they be cold take them of.

To preſerve Quinces red.

Take your Quinces and weigh them, to a pound put a pound of Sugar, and half a pint of water, put your water to your Sugar, and let it ſtand, your Quinces muſt be ſcalded till they be tender, take them off, pare them, and core them, but not too much, then put them in the skillet where the Sugar is, then ſet them on the fire, and let them boil two hours, if it be not enough, boil it a little more, pour it to the Quinces, and ſtop it cloſe.

To make Bisket Bread.

Take a pound and a half of white loaf Sugar, and ſo much flower, as much Aniſe ſeed, Coliander ſeed, and Carraway ſeed as you pleaſe, and twelve Eggs, three whites left out, take the Sugar and ſift it fine,

fine, and the flower alſo, and beat your Eggs a little, then mingle them well together with four ſpoonfuls of damask Roſewater, beat them well together, and put in two ſpoonfuls more, and beat it again about an hour and a half in all, then butter plate trenchers, and fit them with ſtuffe, ſcrape ſome Sugar on them, and blow it off againe, heat your oven hot enough to bake a Pie, and let the lid ſtand up a little while, to draw down the heat from the top, then take the lid down again, and let it ſtand till it be cool, that you may ſuffer your hand in the bottom, then ſet in the plates, and ſet up the lid again, untill they riſe, then take them out and looſe them from the plates, and ſcrape the bottoms, and let them ſtand four houres, then they be fit to eat.

To preſerve Grapes to look cleer and green.

Take a pound of Grapes with no ſtalks on them, when they doe begin to be ripe, then weigh as much double refined Sugar beaten ſmall, then take the Grapes that were weighed, ſtone them at the place where the ſtalks are, pull off the skins,

skins, and ſtrain ſome Sugar in the bottome of the thing you doe them in, and ſo lay them in the Sugar you did weigh, till you have ſtoned and pilled them, and ſo ſtrew the Sugar upon them, then ſet them on the fire, and let them boil as faſt as can be, till the Syrup be prettie thick, then take them off, and put them up till they be cold.

To Candie Apricocks.

Take your Apricocks the faireſt, and ſcald them, and peel them, between two clothes cruſh the water ſoftly out of them as dry as you can, without too much flatting them, then take as much ſearced Sugar almoſt as much as they weigh, and boil it altogether to a Candie height then take it off the fire, and lay the Apricocks in it one by one, with a feather annoint them over, then ſet them on a chafingdiſh of coales, and let them be through ſod but not boil, then take them off the fire, and ſet it in a ſtone or bloudwarm oven, and twice a day ſet them on a fire, and turn them once at every heating, annointing them with a feather, and the ſame Si-

rupe

rup every time you take them off the fire, this doe untill you see the Sirupe begin to sparkle, and full of eyes, then take them out of the Sirupe, and lay them on glasse plates, and dry them in a stone or Oven, turning them a day or two, till they be dry, white Pear plums may be done thus.

To make Paste of Goosberries, or Barberies, or English Currants.

Take any of these tender fruits, and boyl them softly on a chafingdish of coals, then strain them with the pap of a rotten Apple, then take as much Sugar as it weighs, and boil it to a Candie height, with as much Rosewater, as will melt the Sugar, then put in the pap of your fruit into the hot Sugar, and so let it boil leasurely, till you see it reasonable stiffe, almost as thick as for Marmalet, then fashion it on a sheet of glasse, and so put it into the Oven upon two Billets, that the glasse may not touch the bottome of the Oven, for if it doe it will make the paste tough, and so let it dry leasurely, and when it

it is dry, you may box it, and keep it all the year.

To make Paſte of Oranges and Lemons.

Take your Oranges and Lemons, and have on the fire two veſſels of fair water at once, boyl them, and then ſhift the water ſeven times, that the bitterneſs may be taken from them, and they very tender, then cut them through the midſt, and take out the kernels, and wring out all the water from them, then beat them in an Alablaſter morter, with the paps of three or four Pippins, then ſtrain it through a fine ſtrainer, then take as much Sugar as that pap doth weigh, being boiled to a Candie height, with as much Roſe-water as will melt the Sugar, then put the pap of your Oranges and Lemons into the hot Sugar, and ſo let it boil leiſurely with ſtirring, and when you ſee it ſtiffe as for Manchet, then faſhion it on a ſheet of glaſſe, and ſo ſet it in a Stove or Oven, and when it is throughly dry, boxe it for all the year.

To make Paſte Royall in Spice.

Take Sugar the quantitie of four ounces, very finely beaten and ſearced, and put into it an ounce of Cinnamon, and Ginger, and a grain of Musk, and ſo beat it into paſte, with a little Gum-Dragon ſteeped in Roſewater, and when you have beaten it into paſte in a ſtone morter, then role it thin, and print it with your mouldors, then dry it before the fire, and when it is dry, box and keep it all the year.

To Candie Pears, Plums, or Apricocks, that ſhall look as clear as Amber.

Take your Apricocks and Plums, and give every one a cut to the ſtone in the notch, then caſt over Sugar on them, and bake them in an Oven as hot as for Manchet cloſe ſtopped, bake them in an earthen platter, let them ſtand half an hour, then take them out of the diſh, and lay them one by one upon glaſſe plates, and ſo dry them, if you can get glaſſes made like Marmalet boxes to lay over them they will be ſooner candi'd, this

is

is the manner to candie any ſuch fruit.

To make paſte Royall white that you may make Court Bouls, or Caps, or Gloves, Shooes, or any prettie thing Printted in Moulds.

Take half a pound of double refined Sugar, and beat it well, and ſearce it through a fine lawn, then put it into a fine Alablaſter morter, with a little Gumdragon ſteeped in a little Roſe-water and a grain of Musk, ſo beat them in a morter, till it come to a prettie paſte, then roul it thin with a rouling pin, and print it with your moulders, like Gloves, Shooes, or any thing elſe, and ſome you may roul very thin with a rouling pin, and let dry in an Aſhen diſh, otherwiſe called a Court cap, and let it ſtand in the diſh till it be dry, and it will be like a ſaucer, you muſt dry them on a board far from the fire, but you muſt not put them in an Oven, they will be dry in two or three houres and be as white as ſnow, then you may, guilt Box and Cap.

To make Fine Diet-Bread.

Take a pound of fine flower twice or thrice dreſt, and one pound and a quarter of hard Sugar finely beaten, and take ſeven new laid Eggs, and put away the yolks of one of them, then beat them very well, and put four or five ſpoonfuls of Roſewater amongſt them, and then put them into an Alablaſter or Marble morter, and then put in the flower and Sugar by degrees, and beat it or pound it for the ſpace of two houres, untill it be perfectly white, and then put in an ounce of Canary ſeeds, then butter your Plates or Saucers, and put into every one, and ſo put them into the oven; if you will have it gloſſe and Icie on the top, you muſt waſh it with a feather, and then ſtrew Sugar very finely beaten on the top before you put it into the Oven.

To preſerve Apricocks.

Take your Apricocks, and put them into a skillet of fair water, and put them over the fire, untill they be ſomething tender,

tender, then take them up out of the water, and take a bodkin and thruſt out the ſtone at the top, and then peel off their skins, and when you have ſo done put them into a ſilver diſh or baſon, and lay Sugar very finely beaten over and under them, then put a ſpoonful or two of water unto them, and ſet them over a very ſoft fire until they be ready, then take them up, and lay them into another diſh a cooling, and if you ſee good boyle the ſirupe a little more, when they are cold, and the ſirupe almoſt cold, put them up in a gally-pot or glaſſe altogether.

To preſerve Damſons.

Take a pound or ſomething more of pure Sugar finely beaten, and then take a pound of Damſons and cut one ſcotch in the ſide of each of them, then put a row of Sugar in a ſilver diſh or baſon, and then lay in a row of Plums, and then cover it with Sugar, and ſo lay it in till they be all in, and then take two ſpoonfuls of clean water, and make a hole in the middle of them, and ſet it over a very ſoft fire, and look to it carefully, for fear the Sugar

ſhould burn, and when the Sugar is all diſſolved, ſhake them together, and ſtirre them gently, and then ſet them down and cover them till they be cold, and when they are cold, ſet them upon the coales again, and then let them boyle gently till they be ready, and when they are ready take them down, and take them every one by its ſtem, and cover them with the skins as well as you can, and then put them all one by one in a diſh, and if the ſirupe be not boyled enough, ſet it over and let it boyle a little longer, and when the Plums be cold, put them in a gally-pot or glaſſe, and pour the ſirupe to them while it is a little warm, you muſt not forget to take away the skin of the Plums as it riſeth.

To make Papp of Barly.

Take Barly, and boyle it in fair water ſoftly untill it begin to break, then put that liquour out, then put as much hot water to it as you put forth, and ſo let it boyle till it be very ſoft, then put it into a Cullender and ſtrain it, then take a hand-full of Almonds, and grind them very well with your Barly and ſome of the li-

quour,

quour, ſo ſeaſon it with Sugar, and a little Roſewater, a little whole Mace, and Cinnamon, and boyle them well together.

To candy Lemons and Oranges.

Take the peels of your Oranges and Lemons, the white cut away, then lay them in water five or ſix dayes, ſhifting them twice every day, then ſeeth them till they be very tender, then take them out of the water, and let them lye till they be cold, then cut them in ſmall pieces ſquare, the bigneſſe of a penny or leſſe; then take to every three two ounces of Sugar, put to it a quantity of fair Water, and a leſſe quantity of Roſewater, and make a ſirupe thereof, then skum it very clean, and put in your peels, and let them boyle for the ſpace of an hour or longer, if you find your liquour wanting you may put in more water at your pleaſure, then boyle them a little ſpace after with a little ſharp fire, ſtirring it alwayes for burning, then take it off the fire three or four times, ſtirring them all the while, and ſet them on again untill they be candied.

To make Cakes of Almonds.

Take one pound and a half of fine Flower, of Sugar twelve ounces beaten very fine, mingle them well together, then take half a pound of Almonds, blanch them, and grind them fine in a Morter, then ſtrain them with as much Sack as will mingle the Flower, Sugar, and Almonds together, make a paſte, bake them in an oven not too hot.

To make white Lemon Cakes.

Take half a dozen of yellow Lemons the beſt you can get, then cut and pare them, leave none of the yellow behind, then take away the ſowre meat of it, and reſerve all the white, and lay it in water two dayes, then ſeeth it in fair water till it be ſoft, then take it out, and ſet it by till the water be gone from it, then weigh it, and take twice the weight in Sugar, mince the white ſtuffe very fine, then take an earthen pipkin, and put therein ſome fair Water, and ſome Roſewater, if you have a pound of Sugar, you muſt have half a pint of

of water, of both ſorts alike, let your water and Sugar boyle together, then skum it, and put in the ſtuffe, and ſo let them boyle together, alwayes ſtirring it till it be thick, it will ſhew very thin, and when it is cold it will be thick enough.

To make Oyle of Violets.

Set the Violets in Sallade oyle, and ſtrain them, then put in other freſh Violets, and let them lye twenty dayes, then ſtrain them again, and put in other freſh Violets, and let them ſtand all the year.

To preſerve Pomecitron.

Take Pomecitron and grate off the upper skin, then ſlightly cut them in pieces as you think good, lay them in water four and twenty houres, then ſet over a poſnet with fair water, and when it boyles put them in, and ſo ſhift till you find the water be not bitter, then take them up and weigh them, and to every pound of Pomecitron put a pound and quarter of Sugar, then take of your laſt water a pint and quarter, ſet your water and Sugar over the fire,

fire, then take two whites of Eggs and beat them with a little fair water, and when your ſirupe begins to boyle caſt in the ſame that riſeth from the Eggs, and ſo let it boyle, then let it run through a clean fine cloth, then put it in a clean Poſnet, and when your ſirupe begins to boyle put in your Pomecitron, and let it boyle ſoftly three or four houres, until you find your ſirupe thick enough; be ſure you keep them alwayes under ſirupe, and never turn them, take them up, and put them into your glaſſe, and when they be cold cover them.

To candy Ringus Roote.

Take your Ringus Roots and boyle them reaſonable tender, then peel them, and pith them, then lay them together, then take ſo much Sugar as they weigh, and put it into a poſnet with as much Roſewater as will melt it, then put in your Roots, and ſo let it boyle very ſoftly until the Sugar be conſumed into the Roots, then take them and turn them, and ſhake them till the Sugar be dryed up, and then lay them a drying upon a lattice of wyer

until

untill they be cold, in like sort you may candy any other Roots, which you please.

To candy all kind of Fruitrages, as Oranges, Lemons, Citrons, Lettice stockes, the Sugar-candy such as the Comfit-makers doe candy the Fruits.

Take one pound of refined Sugar, and put it into a posnet with as much water as will wet it, and so boyle it untill it come to a candy height, then take all your fruit being preserved and dryed, then draw them through your hot Sugar, and then lay them on your hardle, and in one quarof an hour they will be finely candied.

To candy all kind of Floures in wayes of the Spanish Candy.

Take double refined Sugar, put it into a posnet with as much Rosewater as will melt it, and put into it the papp of half a roasted Apple, and a grain of Musk, then let it boyle till it come to a candy height, then put in your Floures being pick'd, and so let it boyle, then cast them on a fine plate,

plate, and cut it in wayes with your knife, then you may ſpot it with Gold and keep it.

To make Eſſings.

Take one peck of Oatmeal grots, the greateſt you can get and the whiteſt, pick it clean from the black, and ſearce out all the ſmalleſt, then take as much evening Milk as will cover it and ſomething more, boyle it, and cool it again till it be bloud-warm, then put it to the Oatmeal and let it ſoak all night, the next morning ſtrain it from your Milk as dry as you can through a cloth, then take three pints of good Cream, boyle it with a Mace and the yolkes of eight Eggs, when it is boyled put it into your ſtuffe, then put in ſix Eggs more whites and yolkes, ſeaſon it with a good quantity of Cinnamon, Nutmeg, and Ginger, and a leſſe quantity of Cloves and Mace, put in as much Sugar as you think will ſweeten it, have a good ſtore of Suet ſhred ſmall, and forget not Salt, ſo boyle them.

To make Sugar Cakes.

Take one pound of fine Flower, one pound of Sugar finely beaten, and mingle them well together, then take ſeven or eight yolkes of Eggs, and if your Flower be good, take one white or two as you ſhall think good, take two Cloves, and a pretty piece of Cinnamon, and lay it in a ſpoonfull of Roſewater all night, and heat it almoſt bloud-warm, temper it with the reſt of your ſtuffe, when the paſte is made, make it up with as much haſt as you can, bake them in a ſoft oven.

To make a Calfes-foot Pie.

Take your Calfes-feet, boyle them, and blanch them, then boyle them again till they be tender, then take out all the bones, ſeaſon it with Cloves, Mace, Ginger, and Cinnamon, as much as you ſhall think good, then put in a good quantity of Currans and Butter, bake your Pie in a ſoft oven, and when it is baked, take half a pint of white Wine Vinegar, beat three yolkes of Eggs, and put to the coals, ſeaſon it with Sugar

Sugar and a little Roſewater, alwayes ſtirring it, then put it into your Pie, and let it ſtand half a quarter of an hour.

To make a very good Pie.

Take the backes of four white Herrings watred, the bones and skin taken away, then take ſo much Wardens in quantity pared and cored, half a pound of Raiſins of the Sun ſtoned, mince all theſe together, and ſeaſon it with Cinnamon and Ginger, and when the Pie is baked put in a little Roſewater, and ſcrape Sugar on it, if you put in Butter then put in a handful of grated bread.

To make Simbals.

Take fine Flower dryed, and as much Sugar as Flower, then take as much whites of Eggs as will make it a paſte, and put in a little Roſewater, then put in a quantity of Coriander ſeed, and Anniſe ſeed, then mould it up in that faſhion you will bake it in.

To preserve Angelico roots.

Take the roots and wash them, then slice them very thin, and lay them in water three or four dayes, change the water every day, then put the roots in a pot of water, and set them in the embers all night, in the morning put away the water, then take to a pound of roots four pints of water, and two pound of Sugar, let it boyle, and skum it clean, then put in the roots, they will be boyled before the sirupe, then take them up, and boyle the sirupe after, they will ask you a whole dayes work, for they must boyle very softly; at Saint *Andrewes* time is the best time to doe them in all the year.

To boyle a Capon with Brewis,

Take a Capon, and trusse him to boyle, set him on the fire in a good quantity of water, skum it very clean, before you set on your Capon put a little winter Savory and Thyme into the belly of it, and a little Salt and grosse Pepper, when you have skummed it clean, cover it close to boyle, then

then take a good handful of Hearbs, as Marigolds, Violet leaves, or any ſuch green Hearbs, as you ſhall think fit, waſh them, and ſet them on the fire with ſome of the uppermoſt of the broth that boyles the Capon, then put into it good ſtore of Mace, and boyle it with the Capon, when the hearbs be boyled, and the broth very green, and almoſt conſumed away, take the uppermoſt of your Capon and ſtrain it together, and ſcald your Brewis, and put it into a diſh, and lay the Capon on them.

To make a Spice-Cake.

Take one buſhel of Flower, ſix pound of Butter, eight pound of Currans, two pints of Cream, a pottle of Milk, half a pint of good Sack, two pound of Sugar, two ounces of Mace, one ounce of Nutmegs, one ounce of Ginger, twelve yolkes, two whites, take the Milk and Cream and ſtirre it all the time that it boyles, put your Butter into a baſon, and put your hot ſeething Milk to it, and melt all the Butter in it, and when it is bloud-warm temper the Cake, put not your Currans in till

till you have made the paſte, you muſt have ſome Ale yeſt, and forget not Salt.

To make Broth for a Neats-tongue.

Take Claret Wine, grated Bread, Currans, ſweet Butter, Sugar, Cinnamon, Ginger, boyle them altogether, then take the Neates tongue, and ſlice it, and lay it in a diſh upon ſippets, and ſo ſerve it.

To ſouce a Carp or Gurnet.

Take fair Water, and Vinegar, ſo that it may be ſharp, then take Parſly, Thyme, Fennel, and boyle them in the broth a good while, then put in a good quantity of Salt, and then put in your Fiſh, and when it is well boyled put the broth into a veſſel, and let it ſtand.

To make a fine Pudding.

Take Crums of white Bread, and ſo much fine Flour, then take the yolkes of four Eggs, and one white, a good quantity of Sugar, take ſo much good Cream as will temper it as thick as you would

make Pancake batter, then butter your pan, and bake it, so serve it, casting some Sugar upon it, you must shred suet very small, and put into it.

To make a Broth to drinke.

Take a Chicken, and a little of the neck of Mutton, and set them on, and scum it well, then put in a large Mace, and so let it to boil while the Chicken be tender, then take the Chicken out, and beat it all to pieces in a stone morter, and put it in again, and so let it boil from four pints to a little more then half a pint, then cast it through a strainer, and season it.

To boil a Chicken, Partridge, or Pyton.

Take your Chicken, and set it a boiling with a little of the neck of Mutton, and scum it well, then put in a Mace, and so let it boil down, and when it is almost boiled, have some few hearbs perboiled, as Lettice, Endive, Spinage, Marigold leaves, for note these hearbs are usually used to be boiled, which by course will hold their colour in boyling, and put some of

of theſe foreſaid hearbs to the Chicken and Mutton, if you thinke your broth ſtrong enough, take out your mutton, if you ſee it not put a little piece of ſweet Butter, and a little verjuyce, and a very little Sugar, and Salt, ſo ſerve it in with ſippets.

A Broth to drinke.

Take a Chicken and ſet it on, and when it boils ſcum it, then put in a Mace, and a very little Oatmeal, and ſuch hearbs as the partie requires, and boil it well down, and bruiſe the Chicken, and put it in again, and it is a prettie broth, and to alter it you may put in half a doſen Prunes, and leave out the hearbs, or put them in, ſo when it is well boyled, ſtrain it, and ſeaſon it.

A Broth to eat on Faſting dayes.

Take fair water, and ſet it a boyling, and when it boileth, put to it ſo much ſtreined Oatmeal as you thinke will thicken it, and a large Mace, a handfull of Raiſins of the Sun, as many Prunes, and as

many Currants, if your quantity require it, ſo boil it, and when it is boiled, ſeaſon it with Salt and Sugar, and a piece of ſweet Butter if the time will allow it, and for an alteration, when this broth is boiled, put in a quantity of cream, and it will doe well.

To make Ponado.

The quantity you will make ſet on in a poſnet of fair water, and when it boyles put a mace in, and a little piece of Cinnamon, and a handfull of Currants, and ſo much bread as you think meet, ſo boil it, and ſeaſon it with Salt, and Sugar, and Roſewater, and ſo ſerve it.

To make a Caudle.

Take Ale, the quantity that you mean to make, and ſet it on the fire, and when it is ready to boil, ſcum it very well, then caſt in a large Mace, and take the yolks of two Eggs for one meſſe or one draught, and beat them well, and take away the skin of the yolks, and then put them into the Ale, when it ſeeths, be ſure to ſtir them

them well till it ſeeth again for a young-ling, then let it boil a while, and put in your Sugar, and if it be to eat, cut three or four toſts of bread thin, and toſte them dry, but not brown, and put them to the caudle, if to drinke, put none.

To make Almond Butter.

Blanch your Almonds, and beat them as fine as you can with fair water two or three houres, then ſtrain them through a linnen cloth, boil them with Roſe-water, whole Mace, and Anniſe ſeeds till the ſub-ſtance be thick, ſpread it upon a fair cloth draining the whey from it, after let it hang in the ſame cloth ſome few houres, then ſtrain it, and ſeaſon it with Roſe-water and Sugar.

To ſtew Beef.

Take a good Rumpe of Beef cut from the bones, ſhred Turnips and Carroots ſmall, and Spinage, and Lettice, put all in a pan, and let it ſtew four houres with ſo much water, and a quart of white Wine as will cover it when it is ſtewed enough,

then put in a wine glaſſe full of Elder vinegar, and ſerve it in with ſippets.

To Souce a young Pig.

Take a young Pig being ſcalded, boil it in fair water, and white Wine, put thereto ſome Bay leaves, ſome whole Ginger, and ſome Nutmegs quartered, a few whole Cloves, boil it throughly, and leave it in the ſame broth in an earthen pot.

To boyl Flounders or Pickrels after the French Faſhion.

Take a pint of white Wine, the tops of young Thyme, and Roſemary, a little whole Mace, a little whole Pepper, ſeaſoned with Verjuyce, Salt, and a piece of ſweet Butter, and ſo ſerve it; this broth will ſerve to boyl fiſh twice or thrice in, or four times.

To make fleſh of Apricocks.

Take Apricocks when they are green, and pare them and ſlice them, and take half their weight in Sugar, put it to them, ſo

ſo put them in a skillet, and as much water as you thinke will melt the Sugar, ſo let them boil, and keep them with ſtirring till they be tender, and ſo take them off, and ſcum them very clean, ſo put them forth of the skillet and let them ſtand, take as much Sugar as you had before, and boil it to a Candie height, and then put in your Apricocks, and ſet them over a ſoft fire, but let them not boyl, ſo keep them with oft ſtirring, till the Sirupe begin to jellie, then put them in glaſſes, and keep them for your uſe.

To make fleſh of Quinces.

Take Quinces, pare them, and core them, and cut them in halfs, boyl them in a thin Sirupe till they be tender, then take them off, and let them lye in Sirupe, then take Quinces, pare them, and quarter them, take out the cores, put as much water to them as will cover them, then boil them till they be very tender, and then ſtrain out the liquor clean from them, and take unto a pint of that liquor, a pound of Sugar, put as

much water to the Sugar as will melt it, then boyle it to a Candie height, then ſtir the Quinces that are in the Sirupe as thin as you can : when your Sugar is at a full Candy height , put in a pint of the liquor, then ſet it over a ſoft fire ſtirring it leiſurely till the Sugar be diſſolved, then put in half a pound of your ſlices, keeping it ſtill ſtirring but not to boil, you muſt take the Jellie of Quince kernels, that have lain in water two or three hours, take two good ſpoonfuls of it and put it to the fleſh, ſo keep it ſtirring leiſurely till it begin to jellie upon the ſpoon , then put it into thin glaſſes, and keep it in a ſtove.

To dry Cherries.

Take the faireſt Cherries, ſtone them, take to ſix pound of Cherries a pound of Sugar, put them into a skillet, ſtraining the Sugar amongſt them as you put them in, then put as much water to them as will boil them, then ſet them upon a quick fire, let them boil up, then take them off, and ſtrain them very clean, put them into

to an earthen pan or pot, ſo let them ſtand in the liquor four dayes, then take them up and lay them ſeverally one by one upon ſilver diſhes, or earthen diſhes, ſet them into an oven after the bread being taken out, and ſo ſhift them every day upon dry diſhes, and ſo till they be dry.

To dry Peaches.

Take Peaches and coddle them, take off the skins, ſtone them; take to four pound of Peaches a pound of Sugar, then take a gally pot and lay a laier of Peaches, and a laier of Sugar, till all be laid out, then put in half a pint of water, ſo cover them cloſe, and ſet them in embers to keep warm, ſo let them ſtand a night and a day, then put them in a skillet, and ſet them on the fire to be ſcalding hot, then put them into your pot again, and let them ſtand four and twentie houres, then ſcald them again, then take them out of your Sirupe, and lay them one ſilver diſhes to dry, you may dry them in an Oven, when the bread is taken out, but to dry them in the Sun is better, you muſt turn them

them every day into clear Dishes.

To boil Veal.

Take Veal, and cut in thin slices, and put it into a Pipkin with as much water as will cover it, then wash a handfull of Currants, and as much Prunes, then take a Court roul, and cut it in long slices like a Butchers skiver, then put in a little Mace, Pepper, and Salt, a piece of Butter, a little vinegar, some crumbs of Bread, and when it hath stewed two houres, take it up and serve it.

To boil a Capon in white Broth.

Trusse a Capon to boyle, and put it into a Pipkin of water, and let it boil two hours, and when it is boiled, take up a little of the Broth, then take the yolks of Eggs, and beat them very fair with your broth that you take up, then put it by the the fire to keep warm, season it with grated Nutmeg, Sugar and Salt, then take up your Capon, and pour this broth on it with a little Sack, if you have it, garnish it with sippets, and serve it, remember to

boil

boil whole Mace with your Capon, and Marrow, if you have it.

To boil a Capon or Chicken in white Broath with Almonds.

Boil your Capon as in the other, then take Almonds, and blanch them, and beat them very ſmall, putting in ſometimes ſome of your broath to keep them from oyling, when they are beaten ſmall enough, put as much of the uppermoſt broath to them as will ſerve to cover the Capon, then ſtrain it, and wring out the ſubſtance clear, then ſeaſon it as before, and ſerve it with marrow on it.

To boil Brawn.

Take your Brawn four and twentie houres, and waſh and ſcrape it four or five times, then take it out of the water, and lay it on a fair table, then throw a handfull of Salt on every coller, then bind them up as faſt as you can, with Hemp, Baſs, or Incle, then put them into your kettle when the water boyleth, and when it boileth, ſcum it clean, let it

boil

boil untill it be ſo tender that you may thruſt a ſtraw through it, then let it cool untill the next morning, by the ſouced meats you may know how to ſouce it.

To boil a gammon of Bacon.

Water your Gammon of Bacon twenty four houres, then put it into a deep kettle with ſome ſweet bay, and let it boil ſoftly ſix or ſeven houres, then take it up with a ſcummer and a plate, and take off the ſkin whole, then ſtick your Gammon full of Cloves, ſtrew on ſome groſs Pepper, then cut your skin like Sippets, and garniſh your Gammon, and when you ſerve it, ſtick it with bayes.

To boil a Rabbet.

Fley and waſh a Rabbet, and ſlit the hinder leggs on both ſides of the back-bone, from the forward, and truſs them to the body, ſet the head right up with a ſciver right down in the neck, then put it to boyling with as much water as will cover it, when it boyls, ſcum it, ſeaſon it with Mace, Ginger, Salt, and Butter, then take a handful

handful of Parſley, and a little Thyme, boil it by it ſelf, then take it up, beat it with a back of a knife, then take up your Rabbet, and put it into a diſh, then put your Hearbs to your Broth, and ſcrape in a Carret root, let your broth boil a little while, put in ſalt, pour it on your Rabbet, and ſerve it.

To boil a Mallard with a Cabbage.

Half roſt your fowl, then take it off, and caſe it down, then put it into a Pipkin with the gravie, then pick and waſh ſome Cabbage, and put to your Mallard with as much fair water as will cover it, then put in a good peece of Butter, and let it boyl an hour, ſeaſon it with Pepper and Salt, and ſerve it upon ſops.

To boil a Duck with Turnips.

Half roſt her, then cover it with liquor, boil your Turnips by themſelves half an houre, then cut them in Cakes and put them to your Duck, with Butter and Parſley chopt ſmall, and when it hath boiled half

half an houre, ſeaſon it with Pepper and Salt, and ſerve them upon ſops.

To boil Chickens, and Sorrel Sops.

Truſſe your Chickens, and boil them in water and ſalt very tender, then take a good handful of Sorrel, and beat it ſtalks and all, then ſtrain it, and take a Manchet, and cut it in Sippets, and dry them before the fire, then put your green broth upon the coals, ſeaſon it with Sugar, and grated Nutmeg, and let it ſtand untill it be hot, then put your ſippets into a diſh, put your Chickens upon them, and pour your ſauce upon it, and ſerve it.

To boil a Pike in White Broth.

Cut your Pike in three pieces, and boil it with water and Salt, and ſweet Hearbs, let it boil untill it ſtain, then take the yolks of half a dozen eggs, and beat them with a little Sack, Sugar, melted Butter, and ſome of the Pikes broath, then put it on the fire to keep warm, but ſtir it often, leaſt it curdle, then take up your Pike, and put the head and tail together, then cleave

cleave the other peices in two, take out the back bone, and put the one piece on the one side, and the other piece on the other side, but blanch all, then pour on your white broth, garnish your dish, with sippits, and boyled Parslie, and strew on pouder of Ginger, and wipe the edge of the dish round, and serve it.

To boyle divers kinds of Fishes.

Bat, Conger, Thornback, Plaice, Salmon, Trout, or Mullet, boyle any of these with Water, Salt, and sweet Hearbs, when they boyle skum it very clean, then put in Vinegar, and let it boyle till you think it is enough, your liquour must be very hot of the Salt, then take it off, you may let it stand five or six dayes in the liquour, then if you will keep it longer, pour that liquour away and put Water and Salt to it, or soucing drink, you must remember to let your Mullets boyle softly, and your Thornback and other Fish very fast, you must blanch your Thornback while it is warm, and when you serve any of these Fishes, strew on some green Hearbs.

To make Sallet of all manner af Hearbs.

Take your Hearbs, and pick them clean, and the Flowers, wash them clean, and swing them in a strainer, then put them into a dish, and mingle them with Cowcumbers, and Lemons, sliced very thin, then scrape on Sugar, and put in Vinegar and Oyle, then spread the floures on the top, garnish your dish with hard Eggs, and all sorts of your Floures, scrape on Sugar, and serve it.

To stew Steakes between two dishes.

You must put Parsly, Currans, Butter, Verjuyce, and two or three yolkes of Eggs, Pepper, Cloves, and Mace, and so let them boyle together, and serve them upon sops, likewise you may doe steakes of Mutton or Beef.

To stew Calves feet.

Boil them, and blanch them, cut them in two, and put them into a Pipkin with strong broth, then put in a little pouder of

of Saffron, and ſweet Butter, Pepper, Sugar, and ſome ſweet hearbs finely minced, let them ſtew an hour, put in ſalt and ſerve them.

To ſtew a Mallard.

Roſt your Mallard half enough, then take it up, and cut it in little pieces, then put it into a diſh with the gravie, and a peice of freſh Butter, and a handfull of Parſley chopt ſmall, with two or three Onions, and a Cabbage-lettice, let them ſtew one hour, then ſeaſon it with Pepper and Salt, and a a little Verjuyce, then ſerve it.

To ſtew Trouts.

Draw your Trouts and waſh them, and then put them into a diſh with white Wine and water, and a piece of freſh Butter, then take a handful of Parſley, a little Thyme and a little Savorie, mince theſe ſmall, and put to your Trouts with a little Sugar, let them ſtew half an houre, then mingle the yolks of two or three hard Eggs, and ſtrew them on your Trouts with

Pepper and Salt, then let them ſtew a quarter of an hour, and ſerve them.

To ſtew Smelts or Flounders.

Put your Smelts or Flounders, into a deep diſh with white Wine and Water, a little Roſemary and Thyme, a piece of freſh Butter and ſome large Mace, and ſalt, let them ſtew half an hour, then take a handful of Parſley, and boyl it, then beat it with the back of a knife, then take the yolks of three or four Eggs, and beat them with ſome of your fiſh broth, then diſh up your fiſh upon ſippets, pour on your ſauce, ſcrape on Sugar, and ſerve it.

To ſtew a Rabbet.

Half roſt it, then take it off the ſpit, and cut it in little pieces, and put it into a diſh with the gravie, and as much liquor as will cover it, then put in a piece of freſh Butter, and ſome pouder of Ginger, ſome Pepper and Salt, two or three Pippins minced ſmall, let theſe ſtew an houre, then diſh them upon ſippets.

To

To ſtew a Pullet or Capon.

Half roſt it, then cut it into pieces, and put it into a diſh with the gravie, and put in a little Cloves and Mace, with a few Barberies or Grapes, put theſe to your Pullet with a pint of Claret, and a piece of Butter, let theſe ſtew an hour, diſh them upon ſippets, and ſerve it.

To ſtew cold Chickens.

Cut them up in pieces, put them into a Pipkin of ſtrong broath, and a piece of butter, then grate ſome bread, and a Nutmeg, thicken your broth with it, ſeaſon your meat with groſs Pepper and Salt, diſh it upon ſippets, and ſerve it.

To make Paſte for a paſty of Veniſon.

Take almoſt a peck of flower, wet it with two pound of butter, and as much ſuet, then wet your Paſtie, put in the yolks of eight or ten Eggs, make it reaſonable lithe paſte, then roul it out, and lay on ſuet; Firſt lay a paper under your paſte,

then lay on your Veniſon, cloſe it, pinke it, baſte it with butter, and bake it, when you draw it out, baſte it with butter.

To make Paſte for a Pie to keep long.

Your flower muſt be of Rye, and your liquor nothing but boiling water, make your paſte as ſtiffe as you can, raiſe your Coffin very high, let your bottome and ſides be very thick, and your lid alſo.

To make Paſte for a Cuſtard.

Your Liquor muſt be boyling water, make your paſte very ſtiffe, then roul out your paſte, and if you would make a great Tart, then raiſe it, and when you have done, cut out the bottome a little from the ſide, then roul out a thin ſheet of paſte, lay a paper under it, ſtrew flower that it may not ſtick to it, then ſet your coffin on it of what faſhion you will, then dry it, and fill it, and bake it.

To make Paſte for buttered Loaves.

Take a pottle of Flower, put thereto Ginger,

Ginger and Nutmegs, then wet it with Milk, yolkes of Eggs, Yeſt, and Salt, then make it up into little loaves, then butter a Paper, and put the loaves on it, then bake them, when they are baked, draw them forth, and cut them in Cakes, butter them, then ſet them as they were, ſcrape on Sugar, and ſerve them.

To make Paſte for Dumplins.

Seaſon your flower with Pepper, Salt, and Yeſt, let your water be more then warm, then make them up like Manchets, but let them be ſomewhat little, then put them into your water when it boyleth, and let them boil an hour, then butter them.

To make Puffe-paſte.

Take a quart of flower, and a pound and a half of butter, and work the half pound of butter dry into the flower, then put three or four Eggs to it, and as much cold water as will make it lithe paſte, then work it in a piece of a foot long, then ſtrew a little flower on the table, and take it by the end, beat it untill it ſtretch long,

then put the two ends together, and beat it again, and so doe five or six times, then work it up round, and roul it up broad, then beat your pound of butter with a rouling pin, that it may be lithe, then take little bits of your butter, and stick it all over the paste, then fold up your paste close, and coast it down with your rowling pin, and roul it out again, and so doe five or six times, then use it as you will.

To bake a gammon of Bacon.

You must first boil it two hours, before you stuffe it, stuffe it with sweet hearbs, and hard Eggs chopt together with Parsley.

To bake fillets of Beef, or clods, instead of red Deer.

First take your Beef, and lard it very thick, then season it with Pepper and Salt, Ginger, Cloves, and Mace good store, with a great deal more Pepper and Salt then you would doe to a piece of Venison, then close it, and when it is baked

ked put in ſome Vinegar, Sugar, Cinnamon and Ginger, and ſhake it well, then ſtop the vent-hole, and let it ſtand three weeks before you ſpend it.

To bake Calves Feet.

Seaſon them with Pepper, Salt, and Currans, when they be baked, take the yolks of three or four Eggs, and beat them with Verjuyce or Vinegar, Sugar, and grated Nutmeg, put it into your pie, ſcrape on Sugar, and ſerve it.

To bake a Turkie.

Take out her bones and guts, then waſh him, then prick his back together again, then perboil him, ſeaſon him with pepper and ſalt, ſtick ſome Cloves in the breaſt of him, then lard him, and put him into your Coffin with Butter, in this ſort you may bake a Gooſe, Feaſant, or Capon.

To bake a Hare.

Take out his bones, and beat the fleſh in a morter with the Liver, then ſeaſon it

with all ſorts of ſpices, then work it up with three or four yolks of Eggs, then lay ſome of it all over the bottome of your pie, then lay on ſome Lard, and ſo doe untill you have laid on all, then bake it well with good ſtore of ſweet butter.

To bake Quinces or Wardens ſo, as the fruit looke red, and the cruſt white.

Your Wardens muſt be ſtewed in a Pipkin with Claret Wine, Sugar, Cinnamon, and Cloves, then cover your Pipkin with a ſheet of paſte, and let it ſtand in the oven five or ſix houres, then raiſe a Coffin of ſhort paſte, put in your Wardens with Sugar, and put it into the Oven, when it hath ſtood an houre, take it out and waſh it with Roſe-water and Butter, then ſcrape on Sugar, and put it in a quarter of an hour more, and it will be red upon the top, then ſcrape on Sugar and ſerve it.

To bake Chucks of Veal.

Perboil two pound of the lean fleſh of a leg of Veal, ſo it may be eaten, mince it as ſmall as grated bread, with four pound of

of Beef Suet, then seafon it with Biskay Dates, and Carraways, Rofewater, Sugar, Raifins of the Sun and Currants, Cloves, Mace, Nutmeg, and Cinnamon, then mingle them all together, fill your pies, and bake them.

To Bake a Chicken Pie.

Seafon your chicken with Nutmeg, Salt, and Pepper, and Sugar, then put him into your coffin, then take fome Marrow and feafon with the fame fpice, then roul it in yolks of Eggs, and lay it on your Chicken with minced Dates, and good ftore of butter, then bake it, and put in a little Sack, or Mufcadine, or white Wine and Sugar, then fhake it, fcrape on Sugar, and ferve it.

To bake a Steak Pie.

Cut a neck of Mutton in fteaks, beat them with a cleaver, feafon them with pepper and falt, and Nutmeg, then lay them on your Coffin, with butter and large Mace, then bake it, then take a good quantity of Parfley, and boil it, beat it as

ſoft as the pulp of an Apple, put in a quarter of a pint of Vinegar, and as much white Wine with a little Sugar, warm it well, and pour it over your ſteaks, then ſhake it, that the gravie and the liquor may mingle together, ſcrape on Sugar and ſerve it.

To make an Italian Pudding.

Take a Manchet, and cut it in ſquare peeces like a Die, then put to it half a pound of Beef ſuet minced ſmall, Raiſins of the Sun the ſtones picked out, Cloves, Mace, minced, Dates, Sugar, Marrow, Roſe-water, Eggs, and Cream, mingle all theſe together, and put it into a diſh fit for your ſtuffe, in leſſe then an hour it will be baked, then ſcrape on Sugar, and ſerve it.

To bake a Florentine.

Take the kidney of a loin of Veal, or the wing of a Capon, or the leg of a Rabbet, mince any of theſe ſmall with the Kidney of a loin of Mutton, if it be not fat enough, then ſeaſon it with Cloves, Mace, Nutmegs, and Sugar, Cream, Currans,

rans, Eggs, and Roſewater, mingle theſe four together, and put them into a diſh between two ſheets of paſte, then cloſe it and cut the paſte round by the brim of the diſh, then cut round about like Virginal keyes, then turn up one, and let the other lie, then pinke it, cake it, ſcrape on Sugar, and ſerve it.

To roaſt a Breaſt of Veal.

Take Parſley and Thyme, waſh them, and chop them ſmall, then take the yolks of five or ſix Eggs, grated bread and cream, mingle them together with Cloves, Mace, Nutmeg, Currants, and Sugar, then raiſe up the skin of the breaſt of Veal, and put in your ſtuffe, prick it up cloſe with a skiver, then roſt it, and baſte it with butter, when it is roaſted, wring on the juyce of Lemon, and ſerve it.

To roaſt a Hare.

Caſe your Hare, but cut not off her eares, nor her leggs, then waſh her, and dry her with a cloth, then make a pudding and put into her belly, then ſow it

up

up close, then truſſe her as if ſhe were running, then ſpit her, then take ſome Claret Wine, and grated bread, Sugar, and Ginger, Barberries, and Butter, boyle theſe together for your ſauce.

To roaſt a Shoulder of Mutton.

Roaſt it with a quick fire that the fat may drop away, and when you think it is half roaſted, ſet a diſh under it, and ſlaſh it with a knife acroſſe as you doe Pork, but you muſt cut it down to the bone on both the ſides, till the gravy run into the diſh, baſte it no more after you have cut it, put unto the gravy half a pint of white Wine Vinegar, a handful of Capers and Olives, five or ſix blades of Mace, and a handful of Sugar, and ſtew all theſe together, and pour it on your meat.

To roaſt a Neats-tongue.

Boyle him, and blanch him, cut out the meat at the but end, and mingle it with Beef-ſuet as much as an Egge, then ſeaſon it with Nutmeg, and Sugar, Dates, Currans, and yolkes of raw Eggs, then put your

your meat to your Tongue, and bind it with a Caul of Veal or Mutton, then roaſt it, baſte it with Butter, ſave the gravy, and put thereto a little Sack or Muskadine, let it ſtew a little while, then pour it on your Tongue, and ſerve it.

To roaſt a Pig with a Pudding in his belly.

Fley a fat Pig, truſſe his head looking over his back, then temper as much ſtuffe as you think will fill his belly, then put it into your Pig, and prick it up cloſe, when it is almoſt roaſted wring on the juyce of a Lemon, when you are ready to take it up, take four or five yolkes of Eggs, and waſh your Pig all over, mingle your bread with a little Nutmeg and Ginger, then dry it, and take it up as faſt as you can, let your ſauce be Vineger, Butter, and Sugar, the yolk of a hard Egge minced, and ſerve it hot.

To roaſt a Leg of Mutton.

Cut holes in a Leg of Mutton with a knife, then thruſt in ſlices of Kidney ſuet, and ſtick it with Cloves, roaſt it with a quick

quick fire, when it is half roaſt cut off a piece, underneath and cut it into thin ſlices, then take a pint of great Oyſters with the liquour, three or four blades of Mace, a little Vinegar and Sugar, ſtew theſe till the liquour be half conſumed, then diſh up your Mutton, pour on the ſauce, and ſerve it.

To roaſt a Neck of Mutton.

Cut away the ſwag, and roaſt it with a quick fire, but ſcorch it not, baſte it with Butter a quarter of an hour, after wring on the juyce of half a Lemon, ſave the gravy, then baſte it with Butter again, wring on the other half of the Lemon, when it is roaſted dry it with Manchet and grated Nutmeg, then diſh it, and pour on your ſauce.

To roaſt a Shoulder or Haunch of Veniſon, or a Chine of Mutton.

Take any of the meats and lard them, prick them with Roſemary, baſte them with butter, then take half a pint of Claret Wine, Cinnamon, Ginger, Sugar, and grated

grated Bread, Roſemary, and Butter, let all boyle together until it be as thick as Watergruel, then put in a little Roſewater and Musk, it will make your Gallintine taſte very pleaſantly, put it on a fitting diſh, draw off your meat, and lay it into a diſh, ſtrew it with Salt.

To roaſt a Shoulder or Fillet of Veal.

Take Parſly, winter Savory, and Thyme, mince theſe ſmall with hard Eggs, ſeaſon it with Nutmeg, Pepper, Currans, work theſe together with raw yolkes of Eggs, then ſtuffe your meat with this, roaſt it with a quick fire, baſte it with Butter, when it is roaſted, take the gravy and put thereto Vinegar, Sugar, and Butter, let it boyle, when your meat is roaſted pour this ſauce on it, and ſerve it.

To roaſt a Giggit of Mutton.

Take your Giggit, with Cloves and Roſemary, and lard it, roaſt it, baſte it with Butter, and ſave the gravy, put thereto ſome Claret Wine, with a handfull of Capers, ſeaſon it with Gin[illegible] and Sugar, when

when it is boyled well, diſh up your Giggit, and pour on your ſauce.

To fry Bacon.

Take Bacon and ſlice it very thin, then bruiſe it with the back of your knife, and fry it with ſweet Butter, and ſerve it with Vinegar.

To fry Chickens.

Boyle your Chickens in Water and Salt, then quarter them into a pan with ſweet Butter, and let them fry leiſurely, then put thereto a little Verjuyce, and Nutmeg, Cinnamon, and Ginger, the yolks of two or three raw Eggs, ſtirre theſe well together, and diſh up your Chickens, pour the ſauce upon them.

To fry Calfes-feet.

Boyle them, and blanch them, then cut them in two, then take good ſtore of Parſly, put thereto ſome yolkes of Eggs, ſeaſon it with Nutmeg, Sugar, Pepper, and Salt, and then roul your Calfes-feet in them,

them, and fry them with ſweet Butter, then boyle ſome Parſly and beat it very tender, put to it Vinegar, Butter, and Sugar, heat it hot, then diſh up your Feet upon ſippits, pour on your ſauce, ſcrape on ſome Sugar, and ſerve it hot.

To fry Tongues.

Boyle them, and blanch them, cut them in thin ſlices, ſeaſon them with Nutmeg, Sugar, Cinnamon, and Salt, then put thereto the yolkes of raw Eggs, the core of a Lemon cut in ſquare pieces like a Die, then fry them in ſpoonfuls with ſweet Butter, let your ſauce be white Wine, Sugar, and Butter, heat it hot, and pour it on your Tongues, ſcrape on Sugar, and ſerve it.

To make Fritters.

Make your Batter with Ale, and Eggs, and Yeſt, ſeaſon it with Milk, Cloves, Mace, Cinnamon, Nutmeg, and Salt, cut your Apples like Beanes, then put your Apples and Butter together, fry them in

boyling Lard, ſtrew on Sugar, and ſerve them.

To ſouce Brawn.

Take up your Brawn while it be hot out of your boyler, then cover it with Salt, when it hath ſtood an hour, turn the end that was under upward, then ſtrew on Salt upon that, then boyle your ſoucing drink, and put thereto a good deal of Salt, when it is cold, put in your Brawn with the Salt that is about it, and let it ſtand ten dayes, then change your ſoucing drink, and as you change your ſoucing drink put in Salt, when you ſpend it, if it be too ſalt, change it in freſh drink.

To ſouce a Pig.

Cut of the head, and cut your Pig into two fleikes, and take out the bones, then take a handful of ſweet Hearbs and mince them ſmall, then ſeaſon your Pig and Hearbs with Nutmeg, Ginger, Cloves, Mace, and Salt, then ſtrew your Hearbs in the inſide of your Pig, then roul them up like two Collers of Brawn, then bind them in

in a cloth faſt, then put them a boyling in the boyling pot, put in ſome Vinegar and Salt, when they are boyled very tender, take them off, let them ſtand in the ſame liquour two or three dayes, then put them into ſoucing drink, and ſerve it with Muſtard and Sugar.

To ſouce Eeles.

Take two fair Eeles and fley them, cut them down the back, and take out the bones, and take good ſtore of Parſly, Thyme, and ſweet Majoram, mince them ſmall, ſeaſon them with Nutmeg, Ginger, Pepper, and Salt, ſtrew your Hearbs in the inſide of your Eeles, then roul them up like a Coller of Brawn, put them into a cloth, and boyle them tender with Salt and Vinegar, when they are boyled, then take them up, let it be in the pickle two or three dayes, and then ſpend them.

To ſouce a Breaſt of Veal.

Take out the bones of a Breaſt of Veal, and lay it in water ten or twelve houres, then take all manner of ſweet Hearbs and

mince them ſmall, then take a Lemon and cut it in thin ſlices, then lay it with your Hearbs in the inſide of your Breaſt of Veal, then roul it up like a Coller, and bind it in a cloth, and boyle it very tender, then put it into ſoucing drink, and ſpend it.

To ſouce a Tench or Barbell.

Firſt cut them down the back, then waſh them, then put them a boyling with no more water then will cover them, when they boyle, put in ſome Salt and Vinegar, ſcum it very clean, when it is boyled enough, take it up and put it into a diſh fit for the Fiſh, then take out the bones, pour on as much liquour as will cover it, with grated Nutmeg, and pouder of Cinnamon, when it is cold ſerve it

To ſouce a Fillet of Veal.

Take a fair Fillet of Veal and lard it very thick, but take out the bones, ſeaſon it with Nutmeg, Ginger, Pepper, and Salt, then roul it up hard, let your liquour be the one half white Wine, the other half Water,

Water, when your liquour boyleth put in your meat, with Salt, and Vinegar, and the peel of a Lemon, then ſcum it very clean, let it boyle untill it be tender, then take it not up untill it be cold, and ſouce it in the ſame liquour.

To marble Beef, Mutton, or Veniſon.

Stick any of theſe with Roſemary and Cloves, then roaſt it, being firſt joynted very well, then baſte it often with Water and Salt, and when it is throughly roaſted take it up and let it cool, then take Claret Wine, and Vinegar, and as much Water, boyle it with Roſemary, Bayes, good ſtore of Pepper, Cloves, Salt, when it hath boyled an hour take it off and let it cool, then put your meat into a Veſſell, and cover it with this liquour and Hearbs, then ſtop it up cloſe, the cloſer you ſtop it the longer it will keep.

To marble Fiſh.

Take Flounders, Trouts, Smelts, or Salmons, Mullets, Makrels, or any kind of ſhell Fiſh, waſh them, and dry them with a

cloth, then fry them with Sallade oyle or clarified Butter, fry them very crispe, then make your pickle with Claret Wine, and fair Water, some Rosemary, and Thyme, with Nutmegs cut in slices, and Pepper, and Salt, when it hath boyled half an hour take it off, and let it cool, then put your Fish into a vessell, cover it with liquour and Spice, and stop it close.

To make a Tart of Wardens.

You must first bake your Wardens in a pot, then cut them in quarters and core them, then put them into your Tart, with Sugar, Cinnamon, and Ginger, then close up your Tart, and when it is almost baked doe it as your Warden Pie, scrape on Sugar, and serve it.

To make a Tart of green Pease.

Take green Pease ad seeth them tender, then pour them out into a Cullender, season them with Saffron, Salt, and sweet Butter, and Sugar, then close it, then bake it almost an hour, then draw it forth and ice it, put in a little Verjuyce and shake

ſhake it well, then ſcrape on Sugar, and ſerve it.

To make a Tart of Rice.

Boyle your Rice, and pour it into a Cullender, then ſeaſon it with Cinnamon, Nutmeg, Ginger, and Pepper, and Sugar, the yolkes of three or four Eggs, then put it into your Tart with the juyce of an Orange, then cloſe it, bake it, and ice it, ſcrape on Sugar, and ſerve it.

To make a Tart of Medlers.

Take Medlers that are rotten, then ſcrape them, then ſet them upon a Chafingdiſh of coales, ſeaſon them with the yolkes of Eggs, Sugar, Cinnamon, and Ginger, let it boyle well, and lay it on paſte, ſcrape on Sugar, and ſerve it.

To make a Tart of Cherries.

Take out the ſtones, and lay the Cherries into your Tart, with Sugar, Ginger, and Cinnamon, then cloſe your Tart, bake it, and ice it, then make a ſirupe of

Muskadine and Damask-water, and pour this into your Tart, ſcrape on Sugar, and ſerve it.

To make a Tart of Strawberries.

Waſh your Strawberries, and put them into your Tart, ſeaſon them with Sugar, Cinnamon, Ginger, and a little red Wine, then cloſe it, and bake it half an hour, ice it, ſcrape on Sugar, and ſerve it.

To make a Tart of Hips.

Take Hips, and cut them, and take out the ſeeds very clean, then waſh them, ſeaſon them with Sugar, Cinnamon, and Ginger, then cloſe your Tart, bake it, ice it, ſcrape on Sugar, and ſerve it.

To make a Pippin Tart.

Take fair Pippins and pare them, then cut them in quarters and core them, then ſtew them with Claret Wine, Cinnamon, and Ginger, let them ſtew half an hour, then pour them out into a Cullender, but break them not, when they are cold lay them

them one by one into the Tart, then lay on Sugar, bake it, ice it, ſcrape on Sugar, and ſerve it.

To ſcald Milk after the Weſtern faſhion.

When you bring your Milk from the Cow ſtrain it into an earthen pan, and let it ſtand two houres, then ſet it over the fire untill it begin to heave in the middle, then take it off, but jog it as little as you can, then put it in a room where it may cool, and no duſt fall into it, this Milk or Cream you may keep two or three dayes.

To make a Junket.

Take Ewes or Goats Milk, if you have neither of theſe then take Cowes Milk, and put it over the fire to warm, then put in a little Runnet to it, then pour it out into a diſh and let it cool, then ſtrew on Cinnamon and Sugar, then take ſome of your aforeſaid Cream and lay on it, ſcrape on Sugar, and ſerve it.

To make Bonny Clutter.

Take Milk, and put it into a clean earthen pot, and put thereto Runnet, let it ſtand two dayes, it will be all in a curd, then ſeaſon it with ſome Sugar, Cinnamon, and Cream, then ſerve it, this is beſt in the hotteſt of the ſummer.

To make a Whitepot.

Take a quart of Cream and put it over the fire to boyle, ſeaſon it with Sugar, Nutmeg, and Cinnamon, Sack, and Roſe-water, the yolkes of ſeven or eight Eggs, beat your Eggs with Sack and Roſewater, then put it into your Cream, ſtirre it that it curdle not, then pare two or three Pippins, core and quarter them, and boyle them with a handful of Raiſins of the Sun, boyle them tender, and pour them into a Cullender, then cut ſome ſippits very thin, and lay ſome of them in the bottome of the diſh, and lay on half your Apples and Currans, then pour in half your Milk, then lay on more ſippits, and the reſt of your Apples and Raiſins, then pour on the reſt of

of your Milk, bake it, ſcrape on Sugar, and ſerve it.

To make a Pudding in haſte.

Take a pint of Milk, and put thereto a handful of Raiſins of the Sun, and as much Currans, and a piece of butter, then grate a Manchet, and a Nutmeg alſo, and put thereto a little flower when your Milk boyleth, put in your bread, let it boil a quarter of an hour, and put in a piece of butter in the boyling of it, and ſtir it alwayes, then diſh it up, pour on butter, and ſerve it.

To make a Pudding in a Diſh.

Take a quart of Cream, put thereto a pound of Beef Suet minced ſmall, put it to your Milk, ſeaſon it with Nutmeg, Sugar and Roſewater, and Cinnamon, then take ſome ſeven or eight Eggs, and beat them very well, then take a caſt of Manchets and grate them, and put unto it, then mingle theſe together well, then put it into a diſh, and bake it, when it is baked, ſcrape on Sugar, and ſerve it.

To

To Boil Cream.

Take a quart of Cream, and ſet it a boiling with Mace, whileſt your Cream is boyling, cut ſome thin ſippets, then take ſeven or eight yolks of Eggs, beat them with Roſewater, and Sugar, and a little of your cream, when your cream boileth, take it off the fire, and put in your Eggs, and ſtir it very faſt that it curdle not, then put your ſippets into the diſh, pour in your cream and let it cool, when it is cold, ſcrape on Sugar, and ſerve it.

To draw Butter.

Take your Butter and cut it into thin ſlices, put it into a diſh, then put it upon the coals where it may melt leiſurely, ſtir it often, and when it is melted put in two or three ſpoonfuls of water, or Vinegar, which you will, then ſtir and beat it untill it be thick.

Lady of Arundels *Manchet.*

Take a buſhel of fine Wheat-flower, twenty eggs, three pound of Freſh butter, then

then take as much Salt and Barme, as to the ordinary Manchet, temper it together with new Milk prettie hot, then let it lie the ſpace of half an hour to riſe, ſo you may work it up into bread, and bake it, let not your Oven be too hot.

To boil Pigeons.

Boil them in water and ſalt, take a handful of Parſley, and as much Thyme ſtript, two ſpoonfuls of Capers minced altogether, and boil it in a pint of the ſame liquor a quarter of an hour, then put in two or three ſpoonfuls of Verjuyce, two Eggs beaten, let it boil a little, and put to a little Butter, when you have taken it off the fire, ſtir this altogether, and pour it upon the Pigeons, with ſippets round the diſh.

A Florendine of ſweet-breads or Kidnies.

Parboil three or four Kidnies, and mince them ſmall, ſeaſon them with Nutmeg, one ſtick of Cinnamon, beat as much Sugar as will ſweeten it, and a pennie loaf grated, and the Marrow of three bones in good

good pieces, and a quarter of a pound of Almond paſte, a glaſs of Mallego Sack, two ſpoonfuls of Roſe-water, a grain of Musk, and one grain of Ambergriece, and a quarter of a pint of Cream, three or four eggs, and mixe it altogether, and make it up in puffe paſte, and bake it three quarters of an hour.

A Pork Pie.

Boil your leg of Pork, ſeaſon it with Nutmeg, and Pepper, and Salt, bake it five houres in a high round Pie.

A Chicken Pie.

Scald and ſeaſon your Chickens with Nutmegs, as much Sugar as Cinnamon, Pepper and Salt, then put them into your Pie, then put three quarters of quartered Lettice, and ſix Dates quartered, and a handful of Goosberries, and half a ſliced Lemon, and three or four branches of Barberies, and a little Butter, you may uſe to four Chickens three Marrow bones, rould in yolks of Eggs, and Ringo roots, and ſome preſerved Lettice; make a Caudle,

dle, and put in when the Pie comes out of the oven, an hour and a half is enough to ſtand in the oven.

A Lamb Pie.

Take the ſame Ingredients you did for the Chicken pie, onely leave out the Marrow, the Ringo roots, and the preſerved Lettice, make your caudle of white-Wine, Verjuyce and Butter, put it in when your pie comes out of the oven.

Sauce for a ſhoulder of Mutton.

Take a ſpoonful of Hearbs, and as many Capers, half a pint of white Wine, half a Nutmeg, and two Eggs, when it is boiled put a piece of butter to the gravie, when 'tis boiled, take it off, and put the butter in.

A Lumber Pie.

Take three or four ſweet-breads of Veal, perboil and mince them very ſmall, then take the curd of a quart of Milk, turned with three Eggs and half a pound of Almond paſte, and a penny loaf grated, mingle theſe together, then take a ſpoonful

ſpoonful of ſweet hearbs minced very ſmall, alſo ſix ounces of Oringado and mince it, then ſeaſon all this with a quarter of Sugar, and three Nutmegs, then take five Dates, and a quarter of a pint of Cream, four yolks of Eggs, three ſpoonfuls of Roſe-water, three or four Marrow bones, mingle all this together, except the Marrow, then make it up in long boles about the bigneſſe of an Egg, and in every bole put a good piece of Marrow, put theſe into the pie, then put in a quarter of a pound of butter, and half a ſliced Lemon, then make a caudle of white wine, Sugar and Verjuyce, put it in when you take your pie out of the Oven, you may uſe a grain of Musk and Ambergriece.

An Oyſter Pie.

Seaſon your Oyſters with Nutmeg, Pepper and Salt, and ſweet hearbs, your Oyſters being firſt thrown into ſcalding water and parboiled, ſeaſon them and put them into the Pie, put two or three blades of Mace, and half a ſliced Lemon, and the marrow of two bones rouled in the yolks of Eggs and ſome butter, then let

your

your Pie ſtand almoſt an hour in the oven, then make a caudle of verjuyce, butter, and ſugar, put it in your pie when you take it out of the oven; you may uſe two Nutmegs to one quart of Oyſters, and as much Pepper as the quantity of three Nutmegs, but leſſe ſalt, and one ſpoonful of ſweet Hearbs.

A Hartechoak Pie.

Take the bottomes of boyled Hartechoaks and quarter them, and take the meat from the Leaves, ſeaſon it with half an ounce of Cinnamon, and half an ounce of beaten Nutmegs, and two ounces of Sugar, and put them into your pie, and boild marrow rold in yolks of Eggs, and ſix blades of large Mace, Lemon ſliced, ſix quartered Dates, and a quarter of a pound of Ringo roots, half a pound of freſh butter; then let it ſtand in the Oven one houre, and when you take it out put a caudle into your pie, made of white Wine, Sugar, and Verjuyce.

A Calves foot Pie.

Mince your Calves feet very ſmall, then ſeaſon them with two Nutmegs, and three quarters of an ounce of Cinnamon, one quarter of a pound of Sugar, half a pound of Currants, two Lemon peels minced, and ten Dates minced, three ſpoonfuls of Roſe-water, and half a pound of freſh butter, bake it an hour, and put a caudle into it, made of white wine, Sugar and Verjuyce.

A Skerret Pie.

Take a quarter of a peck of Skerrets blanched, and ſliced, ſeaſon them with three Nutmegs, and an ounce of Cinnamon, and three ounces of Sugar, and ten quartered Dates, and the Marrow of three bones rouled in yolks of Eggs, and one quarter of a pound of Ringo roots, and preſerved Lettice, a ſliced Lemon, four blades of Mace, three or four branches of preſerved Barberies, and half a pound of Butter, then let it ſtand one hour in the oven, then put a caudle made of white-Wine, Verjuyce, Butter, and Sugar, put it into

into the pye when it comes out of the oven.

A Calves head pie for Supper.

Boil your Calves head almoſt enough, cut it in thin ſlices all from the bone, ſeaſon it with three beaten Nutmegs, a quarter of an ounce of Pepper, and as much Salt as there is ſeaſoning, then take a ſpoonful of ſweet hearbs minced ſmall, and two ſpoonfuls of Sugar, and two or three Hartechoak bottoms boyled, and cut them in thin ſlices, and the Marrow of two bones, rouled in yolks of Eggs, a quarter of a pound of Ringo roots, and a quarter of a pound of Currants, then put it into your pie, and put a quarter of a pound of butter, and a ſliced Lemon, three or four blades of Mace, three or four quartered Dates, let it ſtand an hour or more in the oven, then when you take it out, put into it a caudle made of Sugar, white Wine, Verjuyce, and Butter.

A Lark Pie.

Take 3 doſen of Larks, ſeaſon them with

four Nutmegs, and half an ounce of Pepper, a quarter of an ounce of Mace beaten, then take the Lumber pie meat, and fill their bellies if you will, if not, take half a pound of ſuet, and one pound of Mutton minced, half a pound of Raiſins of the Sun, and ſix Apples minced altogether very ſmall, then ſeaſon it with a Nutmeg, Pepper and Salt, and one ſpoonful of ſweet hearbs, and a Lemon peel minced, one penny loaf grated, a quarter of a pint of cream two or three ſpoonfuls of Roſewater, three ſpoonfuls of Sugar, one or two ſpoonfuls of verjuyce, then make this in boles, and put it into their bellies, and put your Larks in your Pie, then put your Marrow rold in yolks of Eggs upon the Larks, and large Mace, and ſliced Lemon, and freſh butter, let it ſtand in the oven an hour, when you take it out, make your caudle of butter, Sugar, and white Wine vinegar, put it into the pie.

A hot Neats tongue for Supper.

Boil your tongue till it be tender, blanch it, and cut it in thin pieces, ſeaſon it with a Nutmeg, and a quarter of an ounce of Pepper, and as much Salt as ſeaſoning, then take

take six ounces of Currants, season altogether, and put it into the pie, then put a Lemon sliced, and Dates, and butter, then bake it, and let it stand one hour and a half, then make a caudle of white wine, and verjuyce, sugar, and eggs, and put it in when you take it out of the Oven.

A cold Neats-tongue Pie.

Your tongue being boyled, blanched, and larded with Pork or Bacon, season it with the same Ingredients the Deer hath, that is three Nutmegs, three races of Ginger, half an ounce of Cloves and Mace together, and half an ounce of Pepper, beat your spices altogether, more salt then seasoning, and likewise lay in the liquor, bake it two houres, but put one pound of butter in your Pye before you lid it.

A Potato Pie for Supper.

Take three pound of boyled and blanched Potatoes, and 3. Nutmegs, and half an ounce of Cinnamon beaten together, and three ounces of Sugar, season your Potatoes, and put them in your Pie, then

take the marrow of three bones, rouled in yolks of Eggs, and ſliced Lemon, and large Mace, and half a pound of butter, ſix Dates quartered, put this into your pie, and let it ſtand an hour in the oven; then make a ſharp caudle of butter, Sugar, Verjuyce, and white Wine, put it in when you take your Pie out of the oven.

Pigeon or Rabbet Pie.

Take one ounce of Pepper, and more Salt, then ſeaſon your Pigeons or Rabbets, and take two Nutmegs grated with your ſeaſoning, then lay your Rabbet in the Pie, and one pound of butter, if you heat the pie hot, then put in two or three ſlices of Lemon, and two or three blades of Mace, and as many branches of Barberies, and a good piece of freſh Butter melted, then take it, and let it ſtand an hour and half, but put not in the freſh butter till it comes out of the oven.

To make a puffe Paſte.

Break two Eggs in three pints of flower, make it with cold water, then roul it out pretty

pretty thick and ſquare, then take ſo much Butter as paſte, and lay it in rank, and divide your Butter in five pieces, that you may lay it on at five ſeverall times, roul your paſte very broad, and take one part of the ſame Butter in little pieces all over your paſte, then throw a handful of flower ſlightly on, then fold up your paſte and beat it with a rouling pin, ſo roul it out again, thus doe five times and make it up.

A Pudding.

Take a quart of Cream, and two Eggs, beat them, and ſtrain them into the cream, and grate in a Nutmeg and half, take ſix ſpoonfuls of flower, beat half a pound of Almonds with that cream, and put it into the cream, and mix this together, boil your pudding an hour and no more; Firſt flower the bag you put it in, then melt freſh butter, and take Sugar and Roſewater, beat it thick, and pour it on the pudding, you may put to a little Milk, and ſtick blanched Almonds, and Wafers in it; add to the ſame pudding, if you will, a pennie loaf grated, a quartern of Sugar, two Marrow bones, one glaſſe of Mallago Sack,

six dates minced, a grain of Amber-griece, a grain of Musk, two or three spoonfuls of Rosewater, bake this pudding in little wood dishes, but first butter them, your Marrow must be stuck to and again, then bake it half an hour, five or seven at a time, and so set them in order in the dish, and garnish them with a sprig in the middle, and wafers about it, strew Sugar about the branch, and sliced Lemon, set four round, and one in the the top.

Frigasie of Veal.

Cut your meat in thin slices, beat it well with a rouling pin, season it with Nutmeg, Lemon, and Thyme, fry it slightly in the pan, beat two eggs, and one spoonful of verjuyce, and put it into the pan, and stir it together, and dish it.

Frigasie of Lamb.

Cut your Lamb in thin slices, season it with Nutmeg, Pepper, and salt, mince some Thyme, and Lemon, and throw it upon your meat, then fry it slightly in a pan, then throw in two Eggs beaten in Verjuyce and Sugar into the the pan, also a handful of Goosberries, shake it together and dish it.

Frigasie

Frigaſie of Chickens.

Kill your Chickens, pull skin and feathers off together, cut them in thin ſlices, ſeaſon them with Thyme & Lemon minced Nutmeg and ſalt, a handful of Sorrel minced, and then fry it well with ſix ſpoonfuls of water, and ſome freſh Butter, when its tender, take three ſpoonfuls of Verjuyce, one ſpoonful of Sugar, beat it together, ſo diſh it with ſippets about.

Another Frigaſie of Chickens.

Take the former Ingredients, and adde to it, boyled Hartechoak bottomes, with the meat of the leaves, and a handful of ſcalded Goosberries, aud boiled Skerrets and Lettice toſs'd in butter when they are boiled, adde two ſpoonfuls of Sugar, two Eggs and Verjuyce beaten together, and lay your Lettice upon your Chickens, as before, and ſliced Lemon upon it, and ſippets about the diſh.

A Frigaſie of Rabbets.

Cut your Rabbets in ſmall pieces, and mince a handful of Thyme and Parſley together, and a Nutmeg, Pepper and Salt, ſeaſon your Rabbets, then take two Eggs, and veerjuyce beaten together, and throw it in the pan, ſtick it, and diſh it up in ſippets.

To harsh a Shoulder of Mutton.

Half roast your Mutton at a quick fire, cut it in thin slices, stew it with Gravy, sweet Majoram, and Capers, and Onions, three Anchovies, two Oysters, half a Nutmeg, half a sliced Lemon, stirre this altogether with the meat, let it stew till it be tender in a dish, then break three or four yolkes of Eggs, and throw it in the dish with some Butter, toss it well together, and dish it with sippets.

To make a Cake.

Take half a peck of Flower, two pound and half of Currans, three or four Nutmegs, one pound of Almond paste, two pound of Butter, and one pint of Cream, three spoonfuls of Rosewater, three quarters of a pound of Sugar, half a pint of Sack, a quarter of a pint of Yest, and six Eggs, so make it, and bake it.

To make a Leg of Mutton three or four dishes.

Take a Leg of Mutton, cut out the flesh

and the bone, but ſave the skin whole, divide the meat in three pieces, and take the tendereſt, and cut it in thin ſlices, and beat it with a rouling pin, ſeaſon it with Nutmeg, Pepper, and Salt, and mince Thyme and Lemon peel, fry it till it be tender, then beat two Eggs with a ſpoonfull of Verjuyce, throw two Anchovies into the pan, ſhake it altogether, and put it into the diſh with ſippets round the diſh, being dreſt with Barberries ſcalded, Parſly and hard Eggs minced.

Another part of the ſame meat ſtew in a diſh, with a little white Wine, a little Butter, and ſliced Lemon, one Anchovy, two Oyſters, two blades of Mace, a little Thyme in a branch, and one whole Onion, take out the Thyme and the Onyon when it is ſtewed, doe it altogether on a chafing-diſh of coales till it be tender, then diſh it, garniſh your diſh with hard Eggs, and Barberries, and ſliced Lemon, and ſippets, round the diſh.

Take another part of the ſame meat, mince it ſmall with Beef-ſuet, and a handfull of Sage, to three quarters of a pound of ſuet adde one pound of meat, you may uſe a ſpoonfull of Pepper and Salt, mix this

this altogether, and ſtuffe the skin of the Leg of Mutton, hard skiver it cloſe, and ſpit it at a quick fire, and well roaſt it in an hour.

Take another part of the ſame meat, then put in the Pepper and Salt, with a grated Nutmeg, ſome ſweet Hearbs, and a Lemon peel minced, a penny loaf grated, one ſpoonfull of Sugar, a quarter of a pound of Raiſins, and a quartern of Currans, mince altogether with the Meat, and the Suet, and the reſt of the Ingredients, put too two ſpoonfuls of Roſewater, and as much Salt as Spice, then make it up in little long boles or roules, and butter your diſh, and lay them in with a round bole in the middeſt, ſet them in an oven half an hour, then pour out the liquour which will be in the diſh, and melt a little Butter, Verjuyce, and Sugar, and pour upon it, garniſh your diſh, ſtick in every long roul a flower of paſte, and a branch in the middle.

To ſonce an Eele.

Scoure your Eele with a handful of Salt, ſlit it down the back, take out the chine one, ſeaſon the Eele with Nutmeg, Pepper,

per, and Salt, and sweet Hearbs minced, then lay a packthread at each end, and the middle roul up like a Coller of Brawn, then boyle it in Water, and Salt, and Vinegar, and a blade or two of Mace, and half a sliced Lemon, boyle it half an hour, keep it in the same liquor two or three dayes, then cut it out in round pieces, and lay six or seven in a dish, with Parsly and Barberries, and serve it with Vinegar in saucers.

To souce a Calfes head.

Boyle your Calfes head in Water and Salt so much as will cover it, then put in half a pint of Vinegar, a branch of sweet Hearbs, a sliced Lemon, and half a pint of white Wine, two or three blades of Mace, and one ounce or two of Ginger sliced, boil it altogether till it be tender, keep it in the liquor two or three dayes, serve it, the dish upright, and stick a branch in the mouth, and in both the eyes, garnish the dish with Jelly or pickled Cowcumbers with saucers of Vinegar, and Jelly, and Lemon minced.

A ſtewed Rabbit.

Cut your Rabbit in pieces, and ſeaſon it with Pepper, and Salt, Thyme, Parſly, winter Savory, and ſweet Majoram, three Apples, and three Onions minced altogether, ſtew it till it be tender with Vinegar and Water, put a good piece of Butter in, ſtir it together in your diſh, put ſippets in the bottom, then ſerve it up with the head in the middle of the diſh, with ſippets in the mouth.

Lay your Pig in the ſame Ingredients you did for your Calfes head, uſe the ſame for a Capon, and the ſame for a Leg of Mutton.

To boyle Chickens.

Boyl your Chickens in Water, and Salt, and Wine Vinegar, a blade of Mace, a good handful of Endive, and as much Succory, two handfuls of Skerrets boyled and blanched, when the Chickens and theſe things are ſtewed, take a pint of liquor up, and put to a quarter of a pint of white Wine, and one ounce and half of Sugar,

and

and three Eggs to thicken it, a piece of Butter to lay them in the dish, and pour it on.

To boyle a Rabbit.

Boyle them in Water and Salt, mince Thyme and Parsly together, a handful of each, boyle it in some of the same liquor, then take three or four spoonfuls of Verjuyce, a piece of Irish Butter, two or three Eggs, stir the Eggs together in the liquor, set it upon the fire till it be thick, then pour it upon the Rabbit, so serve it in.

To boyle a Duck.

Half roast your Duck with a quick fire, take as much Wine and Water as will cover them, take some Thyme and Parsly, and one handful of sweet Majoram, two blades of Mace, half a Lemon sliced, stew these together half an hour without Onions, take some of your liquor and thicken it with three or four Eggs, two or three spoonfuls of Verjuyce, a piece of Butter, and as much Sugar as will lye upon it, dish your Duck, and boyle three or four slices

of

of Lemon by it self, and hard Eggs minced, put this upon your Duck, then pour your liquor upon it with Barberries; so you may boyle Pigeons with the same Ingredients, or Plover, or Teale.

A roasted Shoulder of Mutton.

When it is roasted slash it, and carbonado it, take two spoonfuls of Capers, and a little Thyme, and Lemon minced, half a Nutmeg, two Anchovies, a quarter of a peck of Oysters, mixed altogether, boyle them one hour in strong broth and white Wine, then pour it upon the meat, with hard Eggs minced, and sippets round the dish, throw first Salt on the meat, then the hard Eggs, sliced Lemon, and Barberries.

FINIS.

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